# Experiential Exercise with Presuppositions

Integrating all the concepts discussed during today's session, I now propose an exercise with the objective of making our perception of a given situation more flexible and expanding our options for dealing with similar situations in the future.

This exercise is usually done in pairs or trios, and where each person alternately takes on the role of explorer (the one who goes through the process) and guide (the one who leads the process). I have adapted the script so you can do it on your own. The text will guide you through the exercise. I recommend you write down every answer you find relevant, it generates more insights than just thinking about the answers. If you get stuck on a particular question, just move to the next as they are designed to extract the relevant information from different angles.

We begin by selecting the situation we want to observe, and we will use five communication presuppositions, which we have already discussed, and which we will assume as absolute truths throughout the entire exercise:

P1. The map is not the territory.
P2. Every behavior has a positive intention at its origin.
P3. There are no people without resources; there are people who do not use their resources.
P4. The part of the system (person, organization) with the most flexible behavior will dominate the system.
P5. Respect the other person's model of the world, and your own.
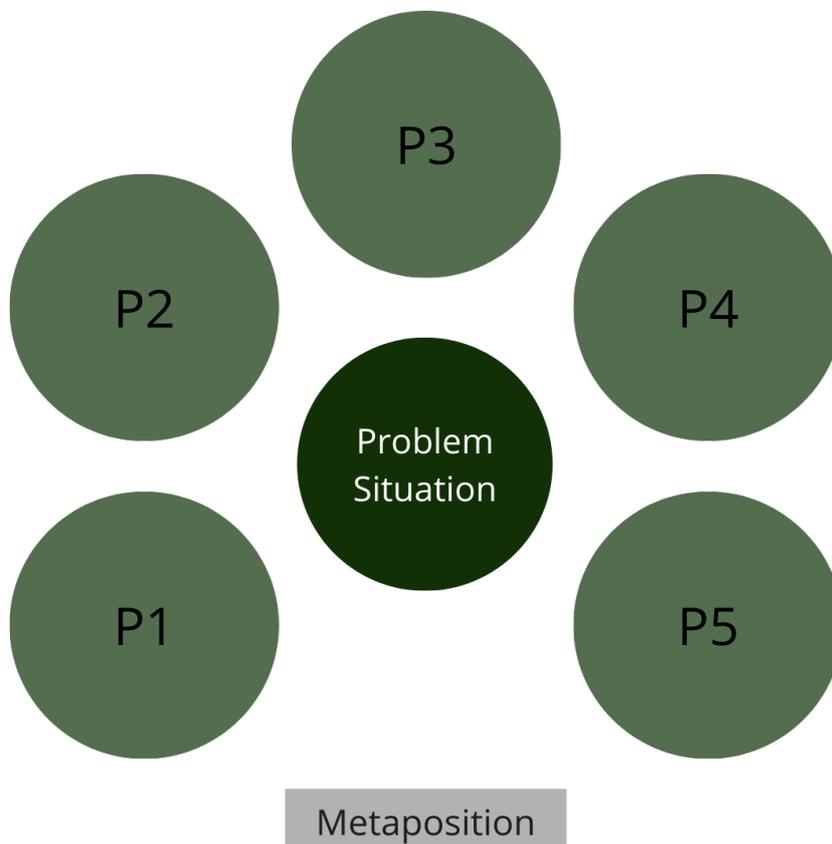
Exercise Script

1. Create the spaces for the problem situation, Metaposition and for the 5 presuppositions that you will adopt during the exercise.

2. Positioning yourself in Meta-position, define what the Problem Situation is and what your objective is with this exercise.

3. Enter the problem situation, reliving the situation, and describe all the elements you consider relevant about what happened (write them down).

4. Enter P1 (The map is not the territory) and answer the questions:
   a. How did I represent this situation? What labels are associated with it?
   b. What meanings did I assign to this event?
   c. How did I classify my behavior and the behavior of the other people involved?
   d. Is there anything I may be omitting, generalizing, or distorting?

5. Now move to P2 (Positive intention):
   a. What was my intention in this situation?
   b. What was the positive intention behind the behavior of the other participant(s)?
   c. What was each person trying to ensure, preserve, protect, or avoid?

6. Now enter P3 (We have all the resources we need):
   a. What emotional resources were present in this situation and were useful?
   b. What emotional resources were present in this situation and were not useful?
   c. What resources were missing, and which ones would I like to have available in similar future situations?

7. In P4 (Flexibility):
    a. Create <u>at least three</u> alternatives to manage this type of situation in the future (write them down).
    b. What new behaviors do you want to adopt?
    c. What resources will you start using, and how will you ensure you have access to them?

8. Now enter P5 (Ecology – Respect each person's model of the world):
    a. Are the alternatives you selected appropriate for you?
    b. Is there anything that might prevent you from putting them into practice?
    c. How do you think the different participants would react to the alternatives you created?
    d. What impact might these alternatives have on your team, your center, and your clients?

9. Return to the problem situation:
    a. What changes do you notice in the situation?
    b. What new perceptions emerged as you went through the entire path of presuppositions?
    c. What becomes clear about everything that happened?

10. End in Meta-position:
    a. How do you now imagine yourself in a future situation similar to the original problem situation?
    b. What impact do you think the changes you decided to adopt will have on your daily life, your colleagues, your clients, and your practice?
    c. If you had to summarize the changes you noticed while doing the exercise in a single word, what word would it be?