

PROGRAM GUIDE

Restoring Resourcefulness: Persona



Module 7: Introduction to Persona

Program Introduction

This program is intended to support a global shift in our ability to effectively move out of the fear trance and to experience access to choice, connection, and collaboration. The modules in Restoring Resourcefulness expand your ability to meet challenges and create new structures that support getting real, wondering and creating caring communities.

- The Presencing Module shows you how to be fully with a feeling, another person, an unexpected event. When you move from fear to here you can meet life and create by choice.
- The Whole-Body Listening Module shows you how to bridge and appreciate difference, to try on another's point of view to expand the possibility of co-creating together rather than recycling us vs. them.
- The Breathing Module shows you the quickest way to locate yourself here and now and to decrease stress and increase vitality.
- The Fear Melters® module shows you how to move from fear to here by using simple, powerful body moves that shift you into agency and choice.
- The F.A.C.T. module shows you how to use our premier transformation process, a body intelligence practice that has been honed over several decades and can be used in a wide variety of situations.
- The Matching Module shows you a way to create congruence between your inner experience and your outer expression. Matching makes use of whole-body thinking and expressing which expands creativity and vitality.
- The Persona Module shows you how to identify and befriend the roles (personas) you learned in order to receive attention and connection. You will learn the Persona Interview, which will assist you in letting your unique essence shine through whatever persona you're wearing.

We'll be continuing to add to the video programs with applications, suggested combinations, advanced videos, and more, so keep checking back for the latest advances.

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Humans require attention as much as food and water. Most babies receive attention for their essence, for simply being who they are. However, sooner or later their being becomes inconvenient for their caretakers. Humans then tend to develop roles (personas) to continue receiving the wanted attention and avoiding the unwanted attention. People develop troublesome personas when they're not getting the desired positive attention, on the principle that ANY attention is preferable to no attention. The good news is that all personas carry aspects of essence, and the more you get to know and befriend your personas, the more you can liberate your essence qualities and express them directly. The Persona Interview will assist you in distinguishing persona from essence.

Intro to Persona Interview

1. Bring to mind a recent situation where your reaction may have surprised you or seemed bigger than what was called for.
2. Take 30 seconds to express and blurt about this experience.
3. What are the body sensations and feelings you notice as you bring this situation to mind?
4. Let's explore this aspect of you that we call a persona. What would this persona like to be called?
5. The key to really benefitting from this activity is exaggeration (voice, gestures, stance). As you get ready to be interviewed, play with and exaggerate the persona's posture, gestures, stance, facial expressions etc. When you are ready to let your persona fully respond, physically take a step forward into this persona.
6. Interviewer: Address the persona by name with each question and use just these questions for the most effective result.

Persona Interview:

_____, what's the most important thing to you?
_____, what are you most proud of?
_____, when did you make your first appearance?
_____, who did you learn your style from?
_____, what are you most afraid of?
_____, what do you most want?

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After the Persona Interview:

Invite the person to step out of the persona, to do some kind of pleasurable movement like Fear Melters® and to appreciate themselves for their willingness to explore. Analysis is more effective after a period of integrating the experience.

Additional Information:

- After the interview you can invite the person to find a way to celebrate themselves.
- You can invite them to learn about Presencing, which will also assist them in discerning essence from persona.
- You can encourage them to express their persona's gift more directly in some aspect of their life, at home or work or on a walk.

If the person is unsure about body sensations and feelings, you can share this information:

Common Body Sensations:

- Butterflies in the stomach
- Tight jaw or shoulders
- Heavy chest
- Restriction in throat

Feelings:

- Anger
- Sadness
- Fear
- Joy
- Sexual Feelings/Excitement

Resources:

At the Speed of Life, Gay and Kathlyn Hendricks : Chapter 5, “The Presencing Principle: The Starting Point of Mindbody healing”.

Foundation for Conscious Living: Drama Triangle Series:

https://foundationforconsciousliving.org/big_leap_home/big-leap-bridge-drama-triangle-series/

Restoring Resourcefulness Program:

https://foundationforconsciousliving.org/big_leap_home/restoring-resourcefulness/