

Sovereign Tools – Ideal Support

Watch for risks.

STEP ONE: *From a triangled position, develop the idea of the support figure (giver):*

"What do you want to have happen in this scene?"

"What needs to happen here?"

"What does this little one need?"

"What kind of support (or love, or blessing, etc.) might this [little one] like?"

"What kind of qualities might this little one like in [a support person]?"

"What kind of support (or love, or blessing, etc.) could he accept?"

"Is there a color for [the support person]?"

STEP TWO: *Ask the participant to pick someone to play the support figure (giver):*

"I'd like you to look around and pick someone who could play [the giver]."

OR THE SHORTCUT: "Would YOU be willing to be [the giver]?"

STEP THREE: *Establish the relationship between the giver and the little one (receiver):*

"What might [the giver] offer first?"

"Where would [the giver] be in relation to him? "

"What might [the giver] say to him that he always wanted to hear?"

"How might [the giver] touch him?"

STEP FOUR: *Switch the participant into the role of giver, if he's not already there.*

"Would you be willing to trade places with this role player and be [the giver]?"

STEP FIVE: *Have the participant, as the giver, offer support to the little one. Anchor the support.*

Also remember or record any lines the giver says to the receiver.

"Take a minute to feel yourself as [the giver]."

"And here's [the receiver], who needs [what was described earlier]"

"Can you give that to him?"

"Breathe that into him....send it in through the touch....that's it...."

STEP SIX: *Put the participant into the role of receiver and have him take in the support. Ask which role player should play the support role. Anchor the support.*

"When you're ready, [participant], I want you to trade places so you can feel this from the other side."

"Take a minute and feel yourself as [the receiver]. And feel what it feels like to have [the giver] come to you in this way."

"Feel that in your body....feel that coming into your body through the touch....breathe it in..."

STEP SEVEN: *Either bring both parts together in the participant to close the process, or transition back into the rest of the process.*