

Coaching
Evolved

Theater of Self Discovery Practice

WORKBOOK



THEATER OF SELF DISCOVERY

Welcome to the **Theater of Self Discovery**, which we will often refer to as simply '**the Theater**'.

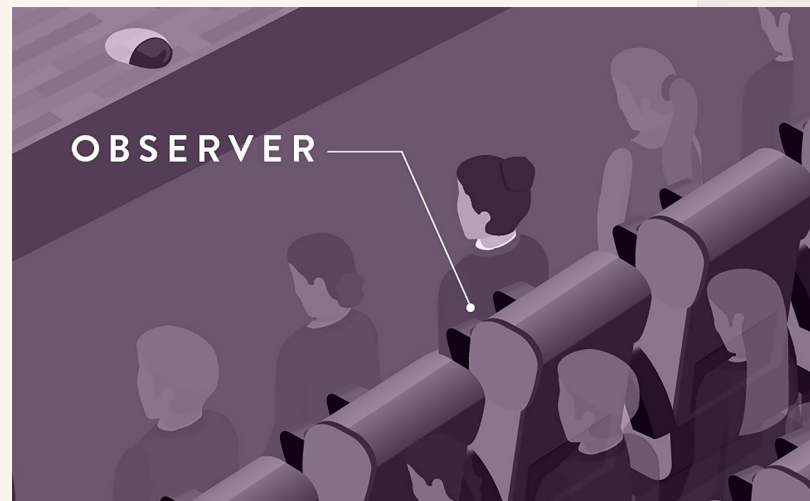
Shakespeare's quote, "all the world's a stage," continues, "and all the men and women merely players; they have their exits and their entrances; and one man in his time plays many parts..." This idea is a great way of thinking about the Theater.

This is a somatic coaching tool we created to support you in expanding your awareness and creating new possibilities. This tool is particularly helpful for any situation or relationship dynamic that triggers an emotional reaction in you. These situations often hold potential for our healing and growth if we are willing to be present with our experience.

To begin the Theater practice, imagine you are sitting in a movie theater with scenes from your present life playing out on the screen.

Start by stepping into **THE OBSERVER** (dissociated) role, witnessing yourself as if you're watching yourself acting in a movie, playing a role. It's important to spend some time on this step to get the full picture of what's playing out.

Below, you will find several questions for contemplation and writing space that you can use to take note of some of the things you observe.



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Here are some guiding questions for your observation, although it's completely okay for your process to unfold differently. Trust your inner wisdom to guide you to what you're meant to see.

How does _____ (put your name in the blanks) spend the day?

How does _____ feel about themselves/ herself/ himself?

Who are the people there with _____? What do you notice about these relationships?

What kind of work is _____ doing, and how do they feel about their work?

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What disempowering thoughts come up most often for _____?

Are there certain situations that trigger disempowering thoughts?

What is _____ doing for pleasure and enjoyment?

What is _____ longing for?

What else do you notice as the Observer?

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OKAY, STEP OUT OF THE OBSERVER ROLE NOW AND SHAKE IT OFF.

Next, choose any scene you observed in the Theater of Self Discovery so far that you would like to transform. The scene can focus on a relationship, a situation that sparks an emotional reaction, or a behavior or pattern that keeps showing up that you want to change. For example, a scene could be a recurring fight in a romantic relationship, or anxiety and fear you get stuck in when your boss asks you to lead a meeting.

THE SCENE

Describe the scene in a few sentences.

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Next, step into the role of you as the ACTOR (associated) in the scene.

Consider the character you are playing in this scene. We often take on different characteristics, traits, archetypes, and personas in different areas of our lives to manage how we are perceived in a situation or environment.

You may have a completely different way of being with your parents than you do at work or in a romantic relationship. You may show up in an empowered way in one, and in a codependent or needy way in another.

Remember: You are not any one of these behaviors, characteristics, or personas.

Below, you will find “Actor’s Notes” with questions for you to reflect on and answer about the role you are playing in the scene. Not all questions will be relevant to your scene so skip anything that doesn’t fit.

THE ACTOR’S NOTES

What am I noticing within myself?

What is my way of being?

THE ACTOR'S NOTES

How am I narrating this scene?

How am I feeling? (*Give yourself a minute to feel it.*)

What am I believing about myself?

What am I believing about another person in this scene?

Is there anything I am wanting to express and/or say aloud that I am holding back?

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What do I really want that I don't have in this scene? *(It could be something you want from another person or a wish that you believe would change the situation.)*

What is the emotion I believe I'll experience if what I wish would happen in this scene came true?

What can I offer myself love, compassion, acceptance, and/or forgiveness for in this scene?

Is there anything I'd like to shift or do differently?

What am I noticing within myself now?

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STEP OUT OF THE ACTOR ROLE NOW AND
SHAKE IT OFF.

Let's reflect...

What did I learn about myself in the Theater today?

How can I embody those learnings?

What is one aligned action I can take in the next 24 hours toward my desired outcome?

Note anything that was revealed to me as I played with this scene:

We invite you to play with this practice in your life and even put your own spin on how you approach it. Here are a few ideas:

- Switch between OBSERVER and ACTOR multiple times as you explore the scene, noticing new things each time.
- Really get curious about separating the actor from the character, building awareness of the characters you take on based on the situation or relationship you're in.
- As the actor, step into playing another person in your scene, going through the questions in the Actor's Notes to gain perspective.