

Toughest Neighbourhood Visit Transcript by Hilze Strauss

To couple: We are going to do a very important journey here. Every couple have a survival knot. Out of everybody they have chosen someone that would give them the best knot. You are now graduated to unravel the survival knot. And it is very important to unravel the knot – if not – there is no creativity, no growth. When it opens, there is transformational learning, because there is something different – you are different – something has shifted.

I am going to ask you to write in your book: what is my toughest, toughest place with my partner – 1 word – max 2 words – that describe that place, that neighbourhood.

Couple write and give coach their words, for example:

Host (G): Depression

Visitor (H): Lonely

You are going to visit one of them. One is going to be the Host and one the Visitor.

To couple: Ask which one are we going to visit? What will it be... ask what will serve our relationship best **now**...

Ask couple why they choose that one, why is it important... What is most useful for the relationship?

Explain: the host is going to invite the visitor to streets they know. And then suddenly a street will reveal itself that you haven't been to before – go there – you will get to the *main square*.

After couple has chosen:

To couple:

So come close – feel grounded, take time to look, see the landscape of your partner's face...

Gently close your eyes for a moment... to feel your hands... the code... the pressure... the movement... temperature... take a moment to really experience that language... breathe it in... take it in... you can come back to the richness of your journey by feeling your hands... so when you feel you have it... you can open your eyes... Take your time...

And just with your eyes... thank you... express with your eyes the gratitude... the blessing you feel... I am glad you are alive... Look at the face of your partner and see the landscape... how it looks like when you see that....

To Host:

I want you to close your eyes... entering this big expanding world with different neighbourhoods... so many (name them...financial, children...etc.)... and there is one – the neighbourhood of ... *Depression*... (**the one the host has named**)... You are choosing one out of all the neighbourhoods... and you go inside that neighbourhood called... *Depression*. When you are there, I want to invite you to feel

how it feels... where are the sensations... get to know your body and the sensations... discover if there are places that are tense... scan from your head to your toes...

Tell me when you are there – shake your head... then I am going to give you more instructions... Go to the strongest sensation in the body... when you are there, shake your head.

When Host has indicated that they are there:

Coach to Host: So see this is a gated community – it's got a gate and I am going to invite H (partner's name) in... I am going to put up a big banner there: "Welcome H...I am welcoming you right in here today..."

Exploring neighbourhood and entering the main square

Host (*opening their eyes and inviting*): H, I invite you to cross the bridge and come to me...I'd like you to take my hands and come and visit a neighbourhood called *Depression...*

Visitor: Indicating acceptance of invitation.

Coach To Visitor:

Here is your possibility to visit in the NOW, now, now, now... let your world disappear in the distance so that everything is in the present... so you are hearing everything NOW... And tell Host when you have landed.

Coach To Host:

So G it is going to be essential statements. It might be that a street opens that you are not aware of – for you to get to the core...

Host: Give essential statement.

Coach To Visitor: Really take him/her in... take in everything...

Visitor: I hear you say... am I with you?

Host: confirms

Visitor: Tell me more... I am with you...

Host: Continues

Coach to Host: Allow yourself to let yourself know if this is the core... the main square...

Coach to Host: Let yourself say it again (when it has landed). If you feel you have to say it again – say it again... if you want to walk around it again to get familiar... to say it again... Walk around... So check your body, your body will know...

Ultimately Host will get to the Main Square. Coach sometimes has to STOP IT when they circle....

Host: Verbalizing Main Square.

Visitor: Mirrors

Core Reason (The Coherent Truth)

Coach to Host when they are ready for the next step:

H, this is important, it is essential that I say this to you today, on December 12th 2014, because... the **Core Reason**...

Host: (Give the **Core Reason**) H, it is essential that I say this to you today, on December 12th 2014, because...

(Coach writes Core Reason)

Visitor: Mirrors it

Coach reads it.

Coach to couple: And take as long as you need to be here... take pictures... and if you feel it has penetrated – only then – you are ready for the next step...

Implicit Memory

Coach: So here is what we are going to do next: we are learning the distinction between the explicit memory and the implicit memory – the latter one is the one that you don't fully remember – it is a climate... To resolve a tough neighbourhood, you want to get to the climate – you want to get a picture – a random picture – an image... the one that shows itself – you don't even have to know why...

When you get that – the first one – grab it; and your mind goes fast, so you just want to go to the picture... go to the next one, it doesn't matter... you grab what shows itself...

Host: H it is essential that I say this to you today, on December 12th 2014, because when I was a child....

Coach to Host: AND grab the first picture... and if it is a blank... that is great, say it is a blank – it is a corridor to the next one...

Coach when Host has given the picture, help them to illuminate: ...And stay with that... How old were you... describe the picture... and what else were there... give the picture...

Coach to Visitor: So the image you see is... you are 5 years old and you just describe what he said.

Coach to Host: Another image... and it is essential that I tell you...

Coach: Grab the first one...

Host: Give second image

Visitor: Your second image is...

Coach to Host: And grab the 3rd image... if it is blank... say again: And it is essential that I tell you this today, because in my childhood... and grab anything else that is there...

(Continue in this way... up to 5 images... An *image* comes out of nowhere; a *memory* you have looked at).

Coach writes all images.

Coach to Visitor: You are going to have a beautiful task: You are going to tell a story to Host: "Once upon a time there was a little boy that was born in a family....."

Visitor: Once upon a time there was a little boy that was born in a family... (Visitor weaves all the images into a beautiful story).

What comes out is the archetypical – the collective; Visitor tells it in the 3rd person

Visitor: Have I got the essence of your story?

Host: Affirms

Coach to Visitor: You are going to say: “You know G, I have got myself a time machine to go back to your home... And on the day *you took your little sister to go and visit your dad at his work*, I am going to arrive with my time machine and knock on the door and I get to speak to...

Visitor: You know G, I have got myself a time machine to go back to your home... And on the day *you took your little sister to go and visit your dad at his work*, I am going to arrive with my time machine and knock on the door and I get to speak to... And who to you want me to speak to first?

The partner comes as the champion, entering the home, talking to mom/dad/brother/sister...

Visitor speaks to people the Host introduces, e.g. Visitor speaking to Host’s father: “Harry, I am H and I have landed here in my time machine and one day I am going to marry G. And right now I want to tell you to take time to *see G’s intention and excitement to go and visit you at your work. He had no idea of the danger for little children to drive off with their bicycle...* etc.

Visitor: (*continues to ask to who else Host wants them to speak to and if know more, asks*). Have I said everything to everyone you wanted me to talk to?

Coach to Host: You can send Visitor anywhere... to the future... back in time...

Visitor: I have all the time in the world... I am here in my time machine...

Coach to Visitor: I am going to see you in the future...

Visitor: I am going to see you in the future... and then I am going to marry you...

Visitor: So here I am back on December 12th 2014. I am across from you and you from me... what touched me the most was...

Coach to Host: So what is the new neighbourhood you want to construct?

New neighbourhood under Construction

Host: So what I want to have with you on December 12th 2014, as a new neighbourhood under construction, is...

Coach to Host: And give one word for new neighbourhood.

Host: Give one word to describe neighbourhood under construction.

Coach: Tell each other what you most enjoyed.