

Call Outline: Split Intentions

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Patti Digh & David Robinson

www.thecircleproject.com

david@thecircleproject.com patti@thecircleproject.com

Welcome

Overview and Review

Split Intention creates blocks

Review “Playing With Blocks” teleseminar

Original block is **separation** (all blocks are a form of separation)

False Comparison to Others

False Expectation of Self

False Investment in Story

A split intention is an attempt to focus on two things at the same time, usually one of the focus points is self-directed. This split creates:

Paralysis (inner locking)

Isolation (outer locking)

Split Intentions

The four common faces (quadrants) of a split intention:

- To over perform (paralysis, invested in excessive responsibility)
- To under perform (isolation, invested in abdication of responsibility)
- To over control (paralysis, invested in excessive control)
- To under control (isolation, invested in abdication of control)

The two aspects of a split intention:

- Reactive or victimhood (over/under perform) and,
- Hiding or masking (over/under control)

Three good questions:

1. Split intentions bar you from being present with “what is.” If you are split, you are never engaging with what’s in front of you but are dealing with a “thought-monster.” Can you engage with what is there, not with what you “think” is there or have “storied” to be there?
2. You can’t play if you don’t feel safe. A split intention is a sure sign that you don’t feel safe. Where have you located your safety and how do you reclaim it?

3. Split intentions guarantee that you will be reactive instead of generative. Can you reclaim your capacity for making choices and the power over where to place your focus?

Paralysis (inner)

To Over Perform Invested in excessive responsibility Overwhelmed!	To Over Control Invested in excessive control Bottleneck! Stuck.
To Under Perform Invested in abdication of responsibility Victimized, buffeted by circumstance	To Under Control Invested in abdication of control Soft Boundaries, give away the farm...

Isolation (outer)