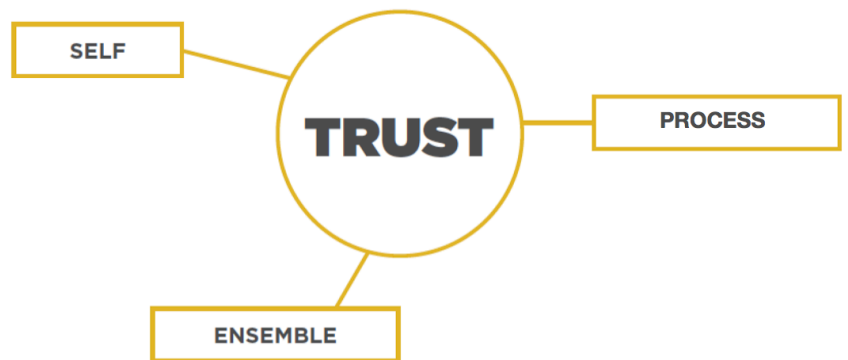


# Finding Alignment with The Trust Tripod™

There is magic waiting just outside of our comfort zones. The only way to get there is to *follow the fear*, as improvisers are eternally fond of saying.

Getting into full alignment with equal trust in yourself, your scene partner and the larger process will empower you to follow your fear with less resistance and anxiety. This mental and spiritual process is my standard operating procedure before every confrontation, and I teach all of my clients to do the same.

This is how difficult conversations become opportunities to **galvanize relationships**, and see our team transform into an **unstoppable force** of positivity, collaboration and productivity.



## The Trust Tripod™

**Self:** Learning to trust yourself - to have faith in your gut/instincts/creative impulses/inner knowing - is no small thing. It is directly tied to your ability to love, respect and honor yourself. Self love is non-negotiable if we want outcomes in confrontation that aren't riddled with passive-aggression, martyrdom, self-righteousness or victimhood. All of these point to the need for self-acceptance on some level.

**Ensemble:** Maintaining faith in our scene partner often comes down to *choice*. We control the ease with which this happens with our *imagination*s. What we allow ourselves to *imagine* is true about this person will create the level of opportunity for growth and collaboration. Looking for ways to understand and support our scene partner is crucial for building something productive.

**Process:** Trust that this simple process is enough. (It is!) *Listen with curiosity, respond with authenticity, edit as you see fit*. In it's truest sense, this is all improv is: listening and building; being courageous enough to add information and humble enough to accept the information of others; noticing when a scene is over, and clearing the way for something new. Doing this effectively in improv is staying within the *spirit of play*. It's helped by re-aligning behind the WHY (why do we do improv? It's about laughter, spreading joy in the world and friendship, for example!). This may help you too as you learn to trust this process.

# Finding Alignment with The Trust Tripod™

**What could be possible for YOU when you approach with full alignment?!**

Spend some time journaling around these prompts:

1. What are the circumstances when you have the hardest time trusting yourself? Try sitting quietly and saying the words "I fully and completely love, trust and respect myself." What does that feel like? Do you feel any resistance? What comes up for you when say those words while imaging yourself at home, at work and in social situations?
2. What are the circumstances that make it hardest to trust your colleagues and coworkers? Try sitting quietly and imagining someone with whom you've felt tension in the past. Say the words "This person is a creative genius" while thinking of them. What is that like for you? Do you feel resistance? Write down what specifically comes up for you/what *specifically* makes it hard for you to believe that about them. What would it be like to talk with him/her about that?
3. Learning to identify the WHY of your work can be very helpful as you learn to trust the simple process of confrontation outlined above. What's your WHY? Why do you work at this company? Why did you choose this profession? What are you aspiring to in your career path and why?

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## **HEALTHY CONFRONTATION**

is the key to creating an unstoppable team.

## **FULL ALIGNMENT**

is how you get there.

