



COLETTE BARON-REID'S  
**INVISION PROCESS**



# Three Chair Exercise

## Module 4 | Homeplay

So to do this exercise, you are going to need to line up three separate chairs. Once you've lined them up, sit in the middle chair. This is the chair of you. The chair on your right is your Goblin's chair, and the chair on your left is your Observer's chair.

The chair you are sitting in – the middle chair – represents your personality as it already is. So when you first sit in the middle chair, just state your name and generally how you're feeling. This is your chair. So I'll say, "I'm Colette Baron-Reid, and I'm feeling pretty good."

Next, sit in the Observer chair. Allow yourself to become neutral and tune into the expansive self that is well, and curious. So, I'll go there and be curious. I know for me, I get calmer and more relaxed. I feel more expansive.

Now go back to the middle chair and notice the difference, which should be subtle at the very least, but is typically significant. I know for me, I am a little jumpy in my chair and very grounded in the Observer chair.

Now move to your right and sit in the chair of the Goblin. Close your eyes and allow the narrative and all the emotions associated with the goblin to come forward. Instead of seeing the goblin outside of yourself, picture your goblin sitting inside you here in this chair. You are the source of this. You are listening to the goblin chatting away in your own voice and tuning into the emotions that come with it. Pay attention to your posture and how you change physically. So if I say, "Goblin, are you there?" You will be able to say "Yes, I am here." Allow yourself to temporarily embody the uncomfortable sabotaging energy.

Now let's go back to the Observer chair. Take a deep breath and connect with the awareness that you are separate now from the Goblin's energy, or the Challenger's energy. You should feel very different.

Now go to your chair, the middle one. Which chair would you prefer to sit in? Move the Goblin chair far away from the other two (literally stand up and do this, then come back and sit in what was the middle chair, the chair of you.) All you have left is now your chair and the one on the left which is the Observer. How do you feel now?



Really identify that that other chair that holds that energy, is further away from you. Whenever you feel off, use the chair exercise to find a different energy to choose and to diffuse the compelling quality of the familiar discomfort. It really works!