



COLETTE BARON-REID'S
INVISION PROCESS



Module 4

Complete Transcripts For Module 4

Diving deep into Question 3 of the Invision Process®: “Who Am I listening To?”

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M4 L1 The Invision Process® Module 4 Welcome

Hey there, and welcome to Module Four! I am thrilled to introduce you to your Challenger voice.

You know the voice right? The one that says, “You’re no good... You’re not enough... There’s someone else better than you! Someone else is gonna take yours... You’d better not be seen... You should be ashamed! Be tough! Be defiant and defend



yourself!... Don't let anyone know the real you! You'd better be quiet... Go to the garden and eat worms! Nobody will ever love you! You won't be picked, so don't even try! You'd better...or else, or else, or else! Oops! I might succeed, so I better sabotage that one!

We all have those voices inside us. Yuck!

Carl Jung referred to it as the Shadow, but I call it the Goblin. We can refer to it in general as the voice you listen to that is challenging your forward movement and success. So in this Module, we're going to introduce you to this concept and give you a couple of very easy, basic exercises to restore your ability to choose a new narrative. This will prepare you for Module Five, where you will then learn how to connect to the awesome and empowering voices of your inner Fabulosity that are ready to cheer on your success – Let's get started!

M4 L2 Module 4 Overview

In Module Four You will learn:

- How we all have an inner sabotaging voice that challenges our forward motion
- How that narrative causes challenges for us
- How the question “ Who Am I Listening To?” helps you identify the voice and detach from it.



- How the Invision Process® is influenced by psycho-synthesis and Jung's work with the Shadow
- Why Colette created the Goblin archetype and how fairy tales speak to our Unconscious
- The purpose of this voice, its origins, and service
- How we lose our ability to choose when we listen to this fragmented self.
- How shame and fear, and a long list of other emotions and states of mind sabotage us from reaching our goals and transformation.
- How personifying the voice as outside us can restore wholeness through love, compassion and radical acceptance.
- About the importance of identifying the wounded ego and discover how to move around it rather than fight it, deny it, or over analyze it
- How Spatial Distance works to help you detach from the Challenger Energy.
- Two easy exercises to move yourself out of the narrative and energy of the Goblin
- How this question "Who Am I Listening To?" is another profound and quick way to empower you to quickly move out of self sabotage and into effective choice-making.

Before we begin, I'd like to go over some important information about the third question of Invision® "Who Am I Listening To?" and share with you a few additional resources that will help you with this Module.

The most important thing to remember when working with this question is to find the awareness that "I am not the critical voice or voices in my head." In particular, our main objective is to move quickly out of the woods when we are listening to a



challenger archetype nattering away and to focus on developing relationships with the positive allies that lie dormant within us. We will be working with Allies in Module Five. In this Module, we first learn how to disengage from the self-critical voices.

Because this aspect of the process can quickly become very complex, I am going to introduce you to the concept, then show you the easiest exercises to shift your perspective and move into a neutral state of being without analyzing the content of what the critical voices are saying. That's super important: **we don't analyze the content.**

Students who have studied with Colette long term, in addition to any students who have a background in psychoanalysis, will recognize the complexity of this last question of Invision® and the need to be adept at moving out of the challenging narrative without anchoring the story the wounded self is reinforcing. It's easy to be caught off guard, suddenly tangled in a disorienting discourse with what feels like a Machiavellian adversary, but the techniques I am going to share with you are highly effective and will give you the confidence you need to navigate this territory with skill. Give yourself the time you need to understand and learn them. The potential rewards are great, as a successful process using "Who Am I Listening To?" can be immensely transformative! The key is to find neutral detachment.



Remember, the function of the entire Invision Process® is to move energy out of difficult places that may be stuck and redirect it toward claiming new positive energy. We've already talked about how doing this will empower you to make better decisions, gain clarity, and take the necessary action steps that will move you forward in your life.

In a specific application of this concept, we can also move or transmute the stuck energy that is associated with a self-saboteur, and in doing so, reclaim even more energy, sometimes so much so, that you may not even recognize yourself after journeying through this type of process.

Simply put, "Who Am I Listening To?" is sometimes ripe with potential Aha's!

It's also important to note that you likely will use only one of the questions in the Invision Process® at a time. The primary question, "Where am I?" is highly effective on its own. The second and third questions can help you find additional insights, as both facilitate shifting past patterns that sabotage forward movement by taking yourself deeper into the process.

It's fun, yet still a delicate dance working with these challenging aspects of self, so let's review the Main Objectives of question three:

1. Recognize that there exists a challenging subpersonality that can be identified.

We can identify what it sounds like, what it says to us, the whole nine yards.



2. Find out where it came from
3. Find out when it first originated, when did this start?
4. Recognize the triggers that invite this voice to become active
5. See it as a separate energy smaller than your whole self
6. Accept it and give it love and compassion
7. Identify its job
8. Give it a new job.

Even though this is taught to you in its very simplest form, the origins are super complex and powerful. We've included some links to some very interesting reading material for you here, so that you can learn about the deeper philosophical influences to this fascinating and compelling element of the Invision Process®. I wanted to give you these resource articles to read first, to give you some parameters for how this works even though the exercises that you will be working with in the Homeplay are super simple.

The more you practice this, the better you are going to get at it; yes, the Invision Process® is theoretically dense, but easy to work with once you get the hang of it! Those students who have been working with the Invision Process® for awhile now all confirm it is a fluid process that's almost alive! Practice allows you deeper access



every time. And remember, expect the unexpected, remain curious and stay open and receptive.

M4 L3 Introduction to “Who Am I Listening To?”

In this lesson, we will

- Review what we’ve learned so far
- Cover the basics of a concept called psychosynthesis
- Learn about Colette’s inspirations for the question, “Who Am I listening To?”
- Discuss Jung and the shadow

The first three Modules were focused on being able to move past challenging states of mind by activating the Observer self. You learned how to see the current state of mind as a place one inhabits temporarily, recognizing when and where in time you are.

Specifically, you learned that

- By identifying a state of mind as a place, we detach from identification and establish immediate neutrality, distance and perspective. I am going to repeat that. By identifying your state of mind as a place, you release attachment and identification with it and establish immediate neutrality, distance and perspective.
- The Unconscious delivers images effortlessly that carry deep symbolic meaning.



- Birds have a distinct symbolism that is also a way for the Unconscious to have a conversation with you.
- The Invision Process® is a fluid right brained process engaging abstract thought, rather than left brain logical thought.
- The Invision Process® is more intuitive than prescriptive and never delivers content the same way twice. That's why you can never do it perfectly, don't even try, as it is not about certainty, it is about you being really good at allowing and interpreting.
- A state of mind can repeat in a pattern anchored by strong emotions triggered by outer events similar to, but not identical to, the first one.
- Time is cyclical. Events come around again as invitations to evolve, always inviting us to have moments of clarity that would enable us to move forward, disable old patterns and begin new ones that foster growth.
- The purpose of the Invision Process® is to gather information about a state of mind or pattern or anything that blocks our growth, radically accept it and move away from it so that empowered actions can be enabled and supported to move forward and meet new goals.
- An epiphany moment generally accompanies this since the way the information is gathered is so profound and uncanny.
- The Invision Process® can anchor new positive supportive stories, reframing them on behalf of the subconscious while, through repetition and



reinforcement, form new networks in the brain to support the new information.

- New truths are established at the level of the automatic mind. We essentially change our expectations by this focus and the epiphany that precedes it.

So how do all the parts come together in this last piece of the Invision Process®? The magical way that the Invision Process® helps us to integrate lost pieces of ourselves has to do with a concept called Psychosynthesis and is a core motivator for the third question, “Who am I listening to?.” Let’s begin there.

Psycho-synthesis is an approach to human development initiated first by Italian psychiatrist Roberto Assagioli. He was a contemporary of both Freud and Jung and was part of the psychoanalytic movement. Fifty years later he played a role in the transpersonal psychology of the 1960’s.

This concept is based on the premise that human beings are meant to evolve. Our personalities and experiences can cause us to split or fragment from a state of wholeness and connection that we begin with as babies into a self that has many sub personalities. The Invision Process® is one of the many methods that help bring the many aspects of a person’s consciousness into a more cohesive self. This is done by bringing the parts together, achieving synthesis for a more authentic expression of a person’s life; and when we engage in this process for our own personal development,



we are viewing this journey as an opportunity for growth, transformation, integration and of course, evolution.

Psycho-synthesis affirms the spiritual dimension of the person and includes it, while Freud did not. It includes the higher, deeper, transpersonal self, which is what the Invision Process® initiates when connecting us to our Inner Observer. The Observer is the spiritual dimension of ourselves, where our capacity for inspiration, unconditional acceptance and love can be found.

Psycho-synthesis has had a profound impact on the human potential movement. The concept of sub personalities within psycho-synthesis, for example, was the basis for American Psychologists Hal and Sidra Stone's seminal work, "The Psychology of Selves" and also for what is known in psychotherapy as Voice Dialogue. The attached article is a great read if you are interested in learning more. It is located in lesson one of this Module.

Actually, the voice dialogue process marks the beginning of how this all came together for Colette, when a student of Hal and Sidra Stone introduced her to many years ago. She had already been working with the challenger archetype in workshops with her students, and was so impressed by the synergy of this work and what she was developing in a much simpler form. We've included the article about Voice Dialogue in its entirety for you, although keep in mind as you read it that, yes, the Invision Process® was inspired by the concept of distinguishable selves, it does not



follow the full exact method as prescribed. As such, the Invision Process® is not Voice Dialogue, but you'll definitely find great value in studying this work should you choose to dive deeper, as Colette's process is inspired by some of its concepts.

So where does the challenger archetype concept come in? This is a personal story that Colette agreed to share with you.

Many years ago, Colette had her first direct encounter with a challenger voice, when she went to see a Jungian analyst around the time of her mom's death. She was in crisis. She'd had a severe bout of bulimia; she was gaining weight rapidly despite the purging; and she was dealing with a lot of guilt, rage, shame, deep grief and very low self worth. In Colette's own words, "To say I was a mess was an understatement."

The therapist invited her to do an exercise where she was to close her eyes and imagine that she could see a living symbol of her wounded ego, the shadow self that she denied, the self that was the source of her negative inner narrative. Obviously, she was not happy, was certain that she was always going to be a failure, and was feeling like crap. So, when she suggested that this self would be an image of an ego, having had no experience with this kind of imagery, she kind of expected to see a better looking version of herself with attitude, that was egotistical, self-centered, etc. That is what she was expecting, because she really didn't understand what the therapist was asking her to do.



Imagine her surprise when she saw this ugly, disgusting grueling creature that had a sign around it's neck that said, "fat." And when Colette described this to her, she asked if Colette could love this part of herself. The therapist said that this was one of many parts, that Colette was greater than this self, so could she be compassionate with this ugly creature? Could Colette consider that this part of her was so wounded, that she could not admit this being existed in her. And could she imagine that all of her memories were inside this being that was challenging her constantly?

Colette said that as she was looking at it, she was aware that this being was not IN her; and although that awareness was not a point that the therapist stressed at all in the exercise, that is where Colette went. She thought, "If it is not in me, it is out of me."

Being able to look at something outside of herself is what she focused on, while the therapist was directing her to have an experience of forgiveness and acceptance. Both were really, really important, but what stood out for Colette most was that it wasn't in her anymore; She was experiencing Spatial Distance from a wounded aspect of her own psyche. The fact that she saw this being as ugly rather than snooty, was so profound that she immediately thought to wrap it in a pink baby blanket. Colette imagined herself doing so, and admits that she broke down sobbing with relief.



And this, of course, initiated her obsession with anything and everything Jungian, and she began to read everything and anything she could about this method of self understanding and awakening. Discovering her shadow became the focus of years of study and therapy and Colette believes that probably has helped her and changed her more than anything else.

M4 L4 Exploring Q3

We are now going to explore the third question of the Invision Process®, Who am I listening to? Exploring this question and its impact on us is divided into two parts: Challengers, which we are going to explore here in Module Four, and the real juicy fun, Allies, which we'll explore in Module Five.

When you practiced the Chatterbox exercise, you realized that we all have running narratives, voices that chatter away and that we listen to all day long. If we listen, likely we will hear our own voice that chatters. Sometimes it is a benign voice that talks with no other purpose but to keep the mind active. But what about the negative chatter that is rooted in sabotaging stories? Have you ever had that happen to you? Do you have a voice inside you that says you are not perfect, or fat, or you need to control things or you are not educated enough to make it, you won't succeed, you'll always have financial troubles etc? And do you have a voice inside you that can reduce you to panic and fear if you get triggered by something? Do you know a voice that is



inside you that is unsupportive of positive affirmations and choices, tricking you to fall back on old ideas and choices?

And let me also ask you, have you ever had struggled with codependency and enmeshment? Are you a people pleaser or an approval seeker? Are you someone with low self-worth or do you constantly compare yourself to others and find yourself lacking? Or perhaps you simply believe you are not good enough. We all at some point in our lives have experiences that tell us we are not whole, that we are unworthy – or worse, that we are unloveable. These experiences become like living things that are rooted in shame and fear. We develop traits and coping mechanisms that serve to remind us of the original experience. We learn and mimic traits of our parents that may be self-sabotaging and challenging to our best selves, also.

This challenging aspect of ourselves is the fractured ego that we disowned and repressed and Carl Jung referred to this disowned and repressed part of ourselves as the shadow. So, what is this wounded self that speaks to us in our own voice and tells us we should be afraid of failure or success? It is the Wounded Ego.

What if we had a way to personify that voice, get distance from it, bring it into the light and recognize it is only a small part of us that gets activated in us in certain circumstances. It has a voice and a message, and we can truly have a transformational conversation with it. And as always with the Invision Process®, we invite the Unconscious to show us an image of this personality fragment that is currently



challenging us so we can disable its hold on us by offering it radical acceptance rather than fighting or denying it.

Working with this question begins with the premise that we have a wounded self that challenges our forward movement. The objective is to disengage from its negativity while fully acknowledging its presence, origins, reclaiming our power from it, and restoring our ability to choose. In the next lesson, we'll also talk about how the Invision Process® is influenced by fairy tales and why this is so appealing to the Unconscious.

M4 L5 Why a goblin?

In this Module you will learn

- How folk and fairy tales, myths and legends were our original source of psychology and social understanding.
- Why Colette chose the goblin to represent the wounded, fragmented, shadow self in the Invision Process®
- How a Goblin operates and serves in the psyche
- When and why a goblin is born and
- Ancestral Goblins.

Let's revisit the session with Colette's therapist. She remembered not only that the creature was ugly, but that it reminded her of a fairy tale her mother had read to her



when she was little and the illustrations which were on the book which was in German. The fairy tale was the story of Rumpelstiltskin and was about a miller's daughter who was granted three wishes by a goblin that gave her magical powers, like being able to spin yarn into gold etc. When those wishes were fulfilled, they enabled her to marry a king, a prize that held an ominous caveat. One day he would return and she would have to guess his name. If she was wrong, he would claim her first born.

Herein lies the essential psychological truth in that fairy tale: if you don't name your goblin, your first born will belong to him. It is the same statement made by Jung that if we allow our wounded self to remain unclaimed and nameless, it will hurt us in ways seemingly brought about by fate. If we don't identify our wounded selves, they will trick us into repeating the false messages that say we are not whole, over and over, falsely influencing our realities to remain stuck in old sabotaging patterns that repeat themselves.

Long before the advent of psychology in the 1900's, fairy tales, folktales, myths and legends

- were our primary source of understanding human nature
- outlined our changing roles in the social order
- defined our relationship to the gods, morals, and ethics
- determined the consequences of our actions when driven by our desires.



For language purposes, you may not feel connected to the fairytale aspect of our story at all. If so, you can just refer to this aspect of yourself as a Challenger. But there are deeper symbolic reasons to refer to this aspect as the Goblin and whether you refer to it as a Challenger or a Goblin, the symbolism can help realize the depth of the process.

The Goblin

The goblin represents our primary source of fear and all its subsequent byproducts such as anger, jealousy, defensiveness, greed, etc. He also represents the psychological issues you created when you didn't take in the lesson of your suffering because the pain was so great that you ran away from facing the work of healing and integration. He is the embodied voice of separation in all its forms.

Think of the Goblin the way Colette described it in her book *The Map: Finding the Magic and Meaning in the Story of your Life* as a type of gnome gone wrong.

In the 16th century, Swiss alchemist Paracelsus wrote of the gnome as a mythic creature representing the earth element, whose job it was to protect treasure hidden underground. Gnomes symbolized the energy that protected the unformed potential within the world, and within oneself. Traditionally, gnomes couldn't come above the surface, lest they be turned to stone as soon as they entered the light. Their job was to serve and guard things hidden beneath the earth, watching over seedlings and the



gems of possibility yet to be mined. If you've ever wondered why people put small statues of garden gnomes amongst their flower beds, now you know!

Goblins were thought to be the cousins of gnomes, also protecting the deformed. Imagine that this now homeless gnome in another form, has come up from underground and mutated, becoming a very active and naughty Goblin. Far from paralyzed, once he's above ground, this little fellow really gets around and can be found in every unpleasant landscape — and he will show up in the more delightful ones as well, where he will trick you into leaving. Dispossessed, unloved, and unwanted, he will wreak havoc. That's the archetypal tale of the Goblin.

Born to protect the deformed and imperfect, the goblin possesses the power to mimic your voice so exactly that you can't help but listen to its voice. It's the Trickster archetype that is woven into countless tales passed down generation to generation, and it derives its power from its initiation in your own life. The moment you're wounded, this creature is born within you. In lay terms, this means that you adapt the story that accompanies your wound.

A Critical father creates an inner critic; sexual abuse can create a fearful manipulator; being punished for not being perfect could give birth to a judge, etc. You can go from being a child who has no reason to believe she's not whole, to one who is told the world is unsafe, or that you need to work hard for love and approval, or that you're different, so you're not worthy, etc.



You'll recognize that an active narrator is very much alive in you when its story becomes triggered by an event that requires a reminder of the origin of its deformed "truth." You hear your own voice become the perpetrator of the unhappy "truth" that you should be ashamed, afraid, controlling, jealous, etc., followed by actions and emotions that have become automatic, the very ones you are seeking to avoid.

Birth of the Goblin/Challengers occurs during the first moment you get the message that you are not whole. Strong emotional experiences that happen early on trigger this birth as soon as you feel something is lost; however, your freedom and self-worth can't ever truly be lost. Rather, it's the illusion of this loss that gives a voice to this new wounded self, whose only job is to remind you of its existence over and over, to ensure its survival.

The goblin's persona remains split, buried in the shadows of the subconscious, operating on automatic pilot, and reinforced over time until its very presence becomes an accepted narrative. Remember the "always" concept of the patterns of the past. Imagine that "always" has a voice that belongs only to the wounded part of you, not the rest!

The Part it Plays

Consider the Goblin as the Trickster whose job is to reinforce its existence, mimic your voice, and remind you every time you get close to changing for the better, not to



betray it. Think about it – the archetype of the goblin is to protect the deformed. It's just doing its job. Sabotage, in its book, is doing a good job!

It's not there to hurt you; only to remind you of this new "state of truth" lest you decide to betray the story it's attached to. It's familiar, it's an energy. Granted, it's destructive, chaotic, and dark, but in the end it's just energy. Mind you, it's a low, vibrating, dense, contracting energy.

Ancestral Goblins

Let's talk about the goblins you inherit. Hatred and prejudice, as well as racial and sexual repression, are passed down generationally; therefore, entire cultures can adopt a challenger narrative that prevents that culture from evolving into a more egalitarian, democratic society. Revolutions happen for this very reason.

In families, ideas and experiences that have shaped both parents can be passed down simply in the nuances a child will notice in their formative developmental years between birth and age six. Colette points us to her own experiences with her mother who was a holocaust survivor, and how her mother's issues regarding survival and security greatly affected her, although she never knew anything about the truth of her own history until she was in her early 20's. In another example, Colette relates the story of one of her clients' mothers who was an immigrant from a chauvinistic eastern culture and had been sexually abused by her first husband in an arranged marriage. Although she had not been, like her mother, she was very much an approval



seeker and would become riveted in fear anytime anyone would be aggressive towards her; especially a male in business. She responded by becoming manipulative and “not herself.” There was no real event in her life that would make her that way. Her mother remarried a kind man, although stern, and she was raised with everything she could have wanted. However, she learned this behavior from the womb, and this challenger took up residence in her psyche as she acted out her mother’s social and psychological patterns. Once Colette and the client identified it, they were able to create a new narrative and a dialog the client could have with that part of herself when it got active.

In Colette’s own family, all the women in her ancestral lineage have experienced sexual abuse by more than one man, along with the loss of dignity and power and all that goes with it. So, although the Invision Process® is a personal development tool and you may never go so deep as to uncover all the threads and psychological twists of these stories, as one might in psychotherapy, this kind of content is not uncommon. However, we can move away from the voices that compel us to choose behaviors and experiences coherent with their narratives, even without consciously knowing all the details.

So how do we get around this? What exactly do we do now that we know we have these energies that wait in the shadows to sabotage us from evolving and getting to



our goals and achievements? We'll explore that in the next lesson, which will lead into your HomePlay for Module Four.

M4 L6 The Challengers

This lesson is about challenging emotions. We are going to go over a list of these challenging emotions and a series of goblin archetypes or challenger archetypes for you to play with. All of our goblins are born out of fear and all of its manifestations. We are going to give you a list – in no particular order – of potential feelings and states of mind that your goblin's narrative will reinforce. For your HomePlay, see if any of these feelings stand out for you, and write out the common narrative to become more clear and familiar with it. Do your best not to get too much into the details. Next, I'll provide you with possible characters the voice belongs to. There may be more so feel free to add to this list.

Commonly held emotions:

- Hatred
- Rage
- Frustration
- Overwhelm
- Frozen
- Hopeless



- Suffocated
- Stuck
- Annoyed
- Trapped
- Spiteful
- Shame
- Resentful
- Conflicted
- Depressed
- Drained
- Apathetic
- Procrastinating
- People pleasing
- Enmeshed
- Numb
- Dishonest
- Greedy
- Angry
- Jealous
- Stressed
- Terror



- Entitled
- Righteous
- Coercive
- Judgmental or Bigoted
- Prejudiced
- Repressed
- Manipulative
- Seductive
- Insecure
- Small

Do any of these connect to your challenger narratives? Do these emotional states make sense in regard to your inability to move past a block to your success? For your HomePlay, write about this in your journal, narrowing the story into a few lines like:

- If I am successful I'll be abandoned, so I better screw it up now.
- I expect a man to be unfaithful.
- There will never be enough money, ever.
- If I succeed, I will be punished.
- I need to give sex to get love.
- I am jealous of so and so, and this makes me want to tear them down.

Now reflect on the following:



- Into what circumstances was this wounded self born?
- Do you remember the first time this feeling came to you?
- Did you inherit this from either of your parents?

Try to remember, the Goblin's job is not to hurt you, although it will. It's really trying to protect you by repeating false ideas about yourself and others to keep you in what it believes is the truth. You will see symptoms of the Goblin in the driver's seat by taking a look at these possible Goblin Archetypes and their behaviors. Colette has coined 13 Goblin or challenger archetypes to help you name your inner saboteur and be able to recognize them in another. Feel free to change out the language.

13 Goblin archetypes

The Judge: Critical of others. They put down others to make themselves feel better. They look for flaws in everything. The Judge is cynical, and displays symptoms of low self-worth; sometimes masked as arrogance,

The Controller: Needs to be the leader at all times. They are unable to hear ideas or try another person's approach. They must have security because this archetype is based in fear.

The Pleaser: Codependent. Will do whatever the other person wants, but resents it later. A lack of clear identity.



The Rescuer: A distortion of healer. Needs someone to be less than so they can fix or help; which is really about them attempting to avoid admitting feeling less than.

The Victim: Needs to be known as violated in order to not move forward. Fear based. Needs attention. Uses helplessness to get needs met. Covert repressed rage.

The Bully: Will hurt you before you get to hurt them. Fear of abandonment. No boundaries. Disrespectful. Repressed rage/fear.

The Prostitute: Willing to give up personal integrity for the possibility of love. No self-worth. Views sex as a currency to get what they want (love, security, etc.)

The Manipulator: Never moves in a straight line. They never say what they really mean. This archetype doesn't know how to ask for their needs, for fear they won't get them. Covert, coercive and sneaky. Disrespectful, dishonest.

The Debater: Uses language to diminish others. Always needs to argue. Talks at you instead of with you. They cannot hear others. They are self centered, which again, is based on fear.

The Wanderer: Cannot commit. Always looking to leave/go somewhere else. They fear exposure through potential intimacy.

The Drama Queen: Everything is a big deal. Stress, stress, stress. Look at me; how stressed I am. Pay attention to me; or better still, pay attention to the dust cloud I am creating to hide behind. It is all about distraction and self centered narcissism.



The Addict: Will continue to do the same thing over and over, expecting a different result. Flourishes in longing and yearning rather than action steps. Chooses partners that set the stage for longing and yearning. Low self-esteem, repressed rage, self-centered fear, manipulative, and in a constant state of denial.

The Monk or Nun. Tends to hide in spirituality as a way to avoid engaging in personal, intimate and/or sexual relationships. Is aloof, condescending or superior under the guise of spirituality.

There are many others, but you get the idea. When you look at all these possibilities, I am sure you will also come up with a few of your own, but these will get you started and help you put a name to or put a theme to these challenging threads of your story. It is not necessarily going to be a huge issue in your life, but you are going to notice even in your own behavior when you run up against something, especially a block to succeeding in something that you want to do but you find yourself going back to a place that you don't understand why you are there.

So this is where we start to recognize that we have a voice of a challenger that somehow prevents us from moving forward and there is a reason for it. These are examples only. You don't need to share them with others; we just want to first narrow down to one familiar narrative so we can work with it, then we will begin the dialogue in the next lesson.



M4 L7 – The Chair Exercises

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!

M4 L8 Module 4 Recap

In Module Four, you learned that

- You have the ability to isolate the voice of your challenging narrative
- Seeing the Challenger/Goblin as outside of you rather than a voice inside of you brings detachment and restores choice.



- The Goblin is born in the moment of being wounded and carries out its task of sabotage as a means to protect the deformed, until you name it and claim it.
- You can inherit this archetype and its narrative from a parent or ancestral pattern even if you have no knowledge of its origin.
- Accepting and acknowledging the disowned self (shame or fear based) reduces its power over you
- The Invision Process®'s objective is to engage all the parts of a person's psyche, including the shadow and the soul. These are essential to growth.
- Although the theory is complex, the two exercises you're taught here are easy and effective as long as you stay out of the details of the origin story.
- The Invision Process® works by changing the way you see. A shift in perspective and perception changes everything!

M4 L9 Homeplay Exercises and Resources for Download

For this week's HomePlay exercise, write down some sentences that you know you repeat to yourself, the ones that appear when you are afraid or frustrated, or when you catch yourself and think, "I'm not myself, I can't believe I did that."

You know these voices, as generally speaking, we are all aware of our own self-sabotaging dialogue. So what is the persona that sabotages you? Is it a critic, a



scapegoat, a prostitute, a judge, a nun, a controller, a thief? How would your goblin show up in message and behavior? Pick one that you want to work with, then

LISTEN TO the Chair Exercise Audio. We've also provided a PDF script for this.

Once you work with one of the challengers, you'll see how you can work with any of them as we all generally have more than one. Practice feeling the energy of any goblin that might be challenging you as outside of you in the other chair. You will be amazed at how well this works!

Review the Chair Exercise video in Section 7 so you can now practice with it.