

Is it possible that each of the Ten Components that is absent in our coaching or dialogue causes a block in the person's thinking?

It might be fun to explore what happens in our thinking when one of the Components is offered beautifully; and then what happens when it is absent. For example, when someone offers me truly generative Attention, I relax; I take myself seriously; I have 'brain room' to devote to the issue, focusing completely on it; I think about it, not about the person listening to me; I am aware of them and their listening and I draw on it second by second with gratitude because it allows me to keep focused; I relax into the assumption that I am able to think and that I am worth their time and so I don't hurry, and so I think more quickly, and I find just the right words and the words help me find just the right insights and direction; I am not scooped up by the listener's need to speak and direct me, and so I fan out and explore and then consolidate and fan again and then pull all of the ideas into a coherent whole. Sometimes I break through dramatically -- because of the presence of Attention.

When Attention is absent, on the other hand, I focus some significant amount of my awareness on the 'listener's' preparing to pounce, calculating how much longer I have to think without intrusion before their need to speak will overwhelm my self-confidence and I give in, or until they actually stop me and insert themselves; I don't venture into the as yet un-formed areas of my thinking, into the tiny, just-peeking-through, piece of ideas because I am aware of the listener's impatience with sentences that don't 'stick to the point and progress clearly the original idea;' I doubt myself as a thinker because I can tell that the listener thinks their thinking will be better because they keep trying to stop me, however subtly. I stay 'close to home' in my ideas because that is where I am protected from their pounce, their judgment or control or direction. My thinking rarely reaches brilliance.

So even if some of the Components are present, if Attention, at least, is absent, its absence I think does create a block.

I wonder about other Components, too.