

## **Coaching on the Diamond of Opposites Workshop**

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### **What is the diamond of opposites?**

The diamond of opposites is a structure that can explore, measure and clarify issues of ambivalence through action methods or with paper and pencil.

### **What is needed to set up the diamond of opposites?**

- \* In a physical space, use masking (painters) tapes of two different colors (ie. blue and beige).
- \* Use a thick tipped black marker to write criteria, gauge numbers, or mark participants' positions on the masking tape after it has been rolled out onto the floor, carpet, or wall.
- \* Draw the diamond on paper or index cards to give to individuals. Ask them to mark their positions with pencil or pen. The diamond is drawn as a square tipped onto one of its angles. One criteria is given per diamond. For example, with 3 diamonds drawn on a paper, there would be 3 different criterias given for each diamond. Each diamond has its own criteria.

### How do I set up the diamond of opposites on the floor, wall, or paper?

1. Draw or roll out with masking tape a square tipped onto one of its angles.
2. At the point of intersection, mark a "0" to signify no intensity, no pull, no strength. This "0" is the starting place on the diamond of opposites.
3. Stand and face the starting position, which is "0". Begin to walk along the line to the left of "0". As you walk away from the point of 0 on this left line, the intensity or pull gets stronger. Imagine a range in the intensity all along this line and the farther away you go from "0", the greater the intensity or pull becomes.
4. Explore the full length of this left line with ONE criteria, such as: my pull to reconnect with an old friend. Walk up (away from "0") and down (toward "0") on the left line to locate where your pull is to reconnecting with an old friend. The top of the line (farthest away from "0") signifies the strongest intensity or pull to reconnect with an old friend. The middle range of the line is a space where there is less intensity or pull but there still is a pull to reconnect with an old friend. The bottom range of the line is where there is very little pull to reconnect with an old friend. Once you place yourself one step onto the line, there is some degree of pull to reconnect with an old friend. To show no pull in reconnecting with an old friend, you would remain at point "0".

5. Once you have located your position on the left line, you make or write a statement about choosing that spot on the line. Draw a mark, your initials, name, or statement on a strip of masking tape and put it down vertically on the left line. Your strip of tape will be placed outside of the square, not inside the square.
6. Walk or move back down to point "0". Zero is a starting and ending place after being on a line.
7. Begin this exploration on the line to the right of the "0". This line holds the same criteria but you now add the word, "not" to it. For example, my pull not to reconnect with an old friend.
8. Walk the length of the right line (located on the right side of the "0"). You are encouraged to talk aloud as you explore the range of this line. Then locate your spot within this range not to reconnect with an old friend.
9. Make or write a statement about where you've positioned yourself on this pull to not reconnect with an old friend.
10. Draw a mark, your initials, name or write out your statement on a strip of masking tape. Put the strip down vertically on the right line to mark your position. Place the strip on the outside of the square.
11. Return to point "0" as this is the ending place after being on a line.



