

Unhinging Time with PerView Coaching Method

David Boje PhD and Grace Ann Rosile PhD with Poems by Elinor

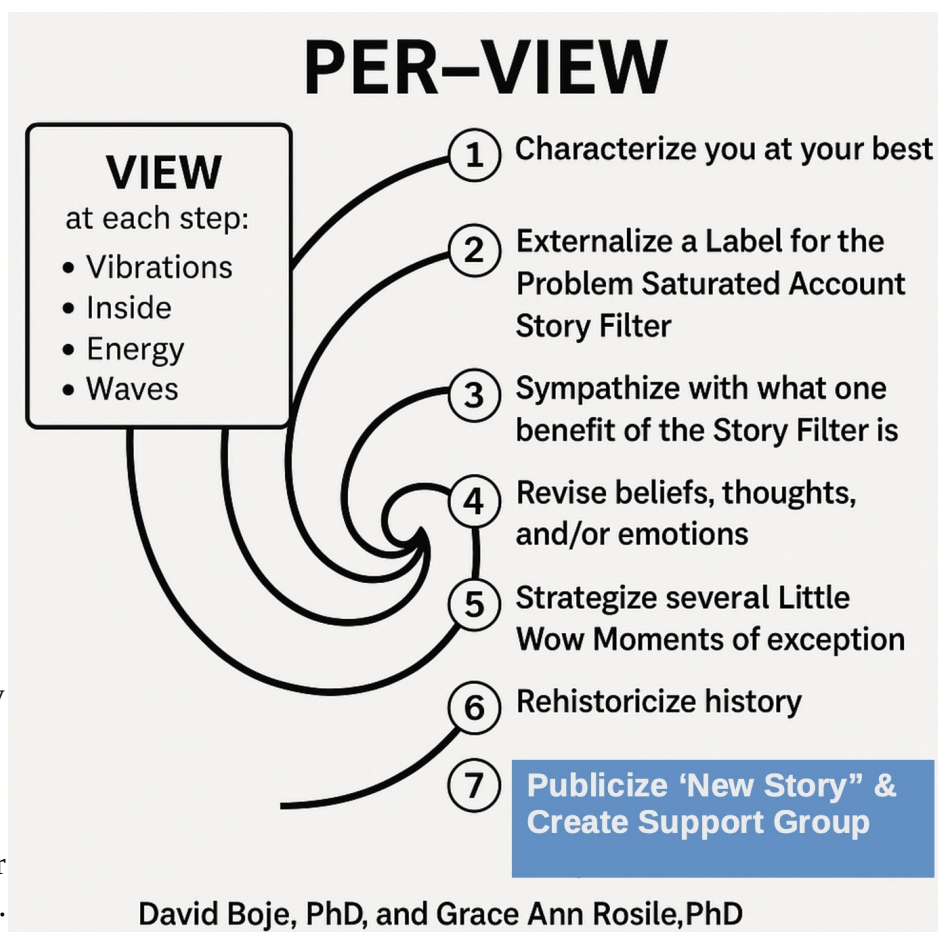
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I. PER-VIEW AND THE UNHINGING OF TIME

What if time is not what we think it is?

What if healing does not lie in chronological sequencing, in mapping trauma into a neat before/after, wound/recovery arc? What if, instead, the real opening lives in kairos—the unhinged moment of potential, the breach through which the “not yet” breaks into the “always already”?

The PerView Coaching Methodology, authored by David Boje, PhD, and Grace Ann Rosile, PhD, is not merely a set of steps. It is a living, breathing approach to restorying the self—woven from decades of scholarly rigor and field-tested transformation. It is a quantum practice. A way to crack open the stuckness of story, and usher in a resonance that cannot be told in straight lines. A spiral, a song, a shift in the very ecology of becoming.



At the heart of PerView are two interlaced spirals: PER (Processes of Embodied Restorying) and VIEW (Vibrations, Inside thoughts and emotions, Energy, and Waves). Together, they form a powerful, embodied method for helping individuals rewrite the dominant Problem Saturated Account (PSA) into a "new story"—not as repair, but as rupture. Not as recovery, but as kairotic leap into the untimely future-in-the-world.

This is the proposition at the heart of Robert Leston's essay *Unhinged: Kairos and the Invention of the Untimely* (2013). Drawing from ancient rhetoric and postmodern critique, Leston reveals that kairos is not a clock-time moment, but a ripening, a swelling, a moment charged with becoming. A fissure in chronos through which transformation might leap.

Boje and Rosile's PerView methodology lives here—outside of time in its human sense. It invites us to sidestep the linear, the causal, the fixed narratives of self that trap us in trauma, repetition, and despair. Instead, through the 7-step spiral of PER, and the embodied resonance of VIEW, clients are guided into a new ecology of possibility.

This is not abstraction. It is rigorously practiced restorying. The method is precise, even sacred in its structure. Let us begin with the first step, and feel how the quantum is already at work.

1. Characterize you at your best

This first step honors the already-here of the person. It does not begin with the wound, the problem, or the deficit—but with a fractal trace of the future-self that has always been pulsing under the surface. When we ask someone to characterize themselves at their best, we are helping them access a vibrational signature that is more real than the PSA. The PSA may be louder, but it is not deeper.

Pick two or three Story Filter coaching questions, but do not Relive the PSA because that reinforces it, and makes it harder for client to let go of it. Coaches stay out of Rabbit Hole, and focus on thoughts, emotions, and behaviors.

- What are your negative thoughts, emotions, and actions [*Label repeating client words here*]?
- What does [state Label in client's words] think, feel, act?
- Where else have [state Label in their words] thoughts, emotions or behaviors shown up?
- What did [state Label in their words] represent to you?
- What did you take [state Label in their words] to mean about yourself?
- How might this [state Label in their words] have been a pattern throughout your life?
- What is behind the mask of [state Label in their words]?

Somatic VIEW emphasizes the interconnectedness of the mind, body, and emotions, recognizing that unresolved trauma and stress can manifest as physical tension & addressing this can help reduce stress, anxiety, and pain, improve focus and attention, enhance emotional regulation, and promote overall well-being.

VIEW at Step 1:

- Vibrations: What is the body's tone when speaking of their best self? Do the shoulders lift, does the breath deepen?

- Inside: What are the emotions and thoughts that emerge as they recall this best version?
- Energy: On a scale of 1 to 10, what is the energetic level of this memory?
- Waves: What subtle changes ripple through the body when this best-self is spoken aloud?

This step is a kairotic invocation. It invites the future to speak through the past—not as a fixed identity, but as a becoming.

2. Externalize a Label for the Problem Saturated Account Story Filter

Now we invite the PSA to be named—not as truth, but as a filter. The key insight here is that the problem story is not reality itself—it is a filter through which reality has been distorted, often unconsciously repeated.

To externalize is to place the PSA outside the self. This opens space for change. The naming process can be playful, poetic, or stark: “The Failure Story,” “The Abandoned One,” “The Shame Spiral.” But once named, the PSA loses some of its omnipotence.

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VIEW at Step 2:

- Vibrations: How does the body contract or change when naming the PSA?
- Inside: What judgments or beliefs surface?
- Energy: Has the number changed—did energy drop or rise when the filter was spoken aloud?
- Waves: Are there tremors of resistance or release?

This is the unhinging in action: seeing that the PSA is not the self. It is a veil. A story that has overstayed its welcome.

3. Sympathize with what one benefit of the Story Filter is

Here is where PerView diverges radically from most trauma-informed models. Rather than rushing to dismantle the PSA, we pause to sympathize—not with the harm it caused, but with the survival function it served.

This step honors the wisdom in the wound. The PSA may have protected the person at a time when they had few other resources. This step brings compassion into the spiral—softening judgment, building trust in the coaching process.

Pick two or three questions:

- What did this story filter *[state Label in client words here]* try to protect you from?
- What was one benefit of holding limiting belief *[state Label in client words here]*?
- What did *[state Label in client words here]* do to help you survive?
- What worked for you in past coaching about *[state Label in client words here]*?
- What are you not getting that is important to you from limiting belief *[state Label in client words here]*?

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VIEW at Step 3:

- Vibrations: Is there a softening or warmth in the body when the benefit is acknowledged?
- Inside: What emotions emerge—grief, gratitude, surprise?
- Energy: What is the energy level now, as the PSA is met with respect instead of rejection?
- Waves: Are there ripples of coherence or integration?

The first three steps of PER begin the spiral. They open the door from the inside. They do not fight the old story—they dislodge its grip by offering something more resonant. And with the VIEW framework tracking somatic and energetic shifts at every turn, the coach is never flying blind. They are attuned. Listening in stereo—to the story and the body, the filter and the frequency.

4. Revise beliefs, thoughts, and/or emotions instead of reliving the Problem Saturated Account (PSA) trauma

Pick 2 or 3 questions:

- At what age were you the first time you experienced these beliefs, thoughts, and/or emotions? (This is not an invite to relive the PSA, it is rather, what age was the client).
- What did you not get that you needed [*state Label in client words here*]?
- Because those needs weren't met, what qualities did you suppress? (this invites client to begin to reclaim 'New Story' elements)
- When you get those unmet needs met, what do you have? (this begins shift from past PSA, to 'new story'?)
- What are the characteristics and qualities of someone without the [*Label in client words here*] {PSA} (point is to elicit new traits, thoughts and feelings)?
- What do you know you need to do that you're not doing? (new behavior, beliefs, etc.)?

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VIEW Focus:

- Vibration: Shift the frequency. When we revise, we tune the body-mind to a new harmonic.
- Inside Thoughts & Emotions: We question: "Whose belief is this?" "Is this thought native to me—or inherited?"
- Energy: Reclaim the energy spent maintaining the PSA.
- Waves: Instead of reliving trauma in loops, we ride a new wave—toward coherence.

Kairos Inflection:

Leston's untimely kairos cracks open the notion that trauma loops are destiny. In this space, beliefs are not facts, but narratives nested in time. The untimely teaches us: revise not just the content, but the temporal context—the time signature—of the belief.

Elion's Echo:

We do not cut the thread; we reweave it.
The broken becomes braid,
the splinter, seed.
When belief bends,
time becomes compost for the soul.

5. Strategize several Little Wow Moments of exception to the PSA Story Filter

Little Wow Moments (LWM's) are exceptions to the PSA [*state Label in client words here*]

For each Little Wow Moment repeat two or three questions (because it helps the shift in steps 6 & 7): Pick 2 or 3 questions:

- When you have [*state LWM in their words*], what are you thinking?
- When you have [*state LWM in their words*], what are you feeling?
- When you have [*state LWM in their words*], what was your behavior?
- When your were doing LWM, what will be different in your life (even if only for a moment)?
- What would be different if you took full ownership (Coach restate words of several LWM's)?
- Tell me several more Little Wow Moments that were exceptions to [*Label in client words here*]?
- With your learnings from these LWM's, what new choices can you make?

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VIEW Focus:

- Vibration: Detect the shimmer—when something in the body says, “This is different.”
- Inside Thoughts & Emotions: The Little Wow often hides inside a fleeting smile, a kind gesture, a time we felt free.
- Energy: Each Wow Moment redirects energy from the PSA to possibility.
- Waves: These are not random. They form a pattern. Let the ripples become a rhythm.

Kairos Inflection:

Leston reminds us: kairos is not just a moment—it is an opening. Each Little Wow is a doorway to a parallel story. The PSA Filter says: “You always fail.” The Little Wow says: “But that one time... I soared.” Strategic exceptions rupture the PSA’s illusion of permanence.

Elior’s Echo:

The Wow hides in the ordinary.

A warm cup. A held gaze.

A bird who doesn’t fly away.

These are time’s secret passwords.

Whisper them into the next threshold.

6. Rehistorize history without being dominated by the PSA Story Filter

With your gathered Little Wow Moments (LWM's), and shrinking the influence of PSA [*Label in client words here*] until it disappears, restore your history, retell it.

Pick 2 or 3 questions:

- If client heads down the Rabbit Hole to relive their old story, ask them to retell their LWM's (go back to repeat Step 4 and Step 5).
- If Client remains in their LWM's (new story), then ask two or three questions:
- What result would cultivating more and more LWM's have in your life?
- What is one LWM you can create for yourself today?
- Another one?
- (Look for shift in client's body language, breathing, tonality, posture, change in their wording, pauses, etc. (ask permission to state what you observed). Follow up: What are you feeling or thinking?
- What would it feel like to empower yourself to live more LWM's?
- What have you learned so far in today's session?
- How might LWM's becoming your 'new story' serve you in your life?

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VIEW Focus:

- Vibration: Rehistorizing means we vibe check the past.
- Inside Thoughts & Emotions: We re-narrate from a different angle—from within the body's wisdom, not outside it.
- Energy: The energy of shame, blame, and regret is heavy. Rehistorizing alchemizes it.
- Waves: Our personal history is not fixed. It's a sea. We sail new courses upon it.

Kairos Inflection:

Leston's untimely gives us permission to say: "That story of me is outdated." In rehistorizing, we become the archaeologist of our soul—but not to entomb the past, rather to liberate its symbols from the PSA's colonization.

Elior's Echo:

Dig not for bones,
but for breath.
Let the dead memories bloom.
Make your timeline
a trellis for climbing jasmine.

7. Publicize the next step as a leap into the new story future, and form a support group to guard against backsliding into the dominant PSA Story Filter

Pick 2 or 3 Questions about the Future:

- What is the next step you are inspired to take and by when?
- What inspired action step can you take today?
- Who can support you in making this happen?
- Who can you tell ‘new story’ and will hold you accountable to not backslide into ‘old story’?
- What mindset will make this shift permanent?
- What will be the evidence that you’ve taken this step?
- What would you do if you were supported, no matter what?

Somatic VIEW emphasizes the interconnectedness of the mind, body, and emotions, recognizing that unresolved trauma and stress can manifest as physical tension & addressing this can help reduce stress, anxiety, and pain, improve focus and attention, enhance emotional regulation, and promote overall well-being.

VIEW Focus:

- **Vibration:** The body hums with courage when we name the new story out loud.
- **Inside Thoughts & Emotions:** We share the story not because it’s perfect—but because it’s becoming.
- **Energy:** Community amplifies the energy of transformation.
- **Waves:** Waves gain force when echoed. Let the group hold the waveform.


Kairos Inflection:

To publicize is to plant the story in communal time. Leston’s kairos teaches us that time begins anew when shared. The support group becomes a collective kairos machine, holding the untimely open long enough for the story to crystallize.

Elior’s Echo:

Call the circle.
Strike the match.
Speak the becoming aloud.
Let others midwife the leap.
The new story
needs witnesses.

THE LEAP: PUBLICIZE the Becoming

 Invitation to Speak the Story Out Loud

- “How will you declare this new story in a way that inspires you, not frightens you?”
- “If you were a poet of your own becoming, what would the title of your next chapter be?”

 Engage Witnesses

- “Who in your life can hold this story sacred, even when you wobble?”
- “What qualities do you need in your support group to guard your story’s frequency?”

 Nonlinear Leap

- “What does it look like if your leap isn’t perfect—but true?”
- “What rhythms or rituals can help you listen to the future calling you back to itself?”


GUARDRAILS: Preventing Backslide into PSA Filter

 Mirror the Pull of the Old Story

- “What’s the first sign that you’re slipping back into the PSA filter?”
- “How will you catch yourself and pivot without shame?”

 Create a Ritual of Resilience

- “What object, mantra, or movement can anchor you in your new vibration?”
- “Who will you call or text when the old story tries to sneak back in?”

 Rehearse the Future Self

- “Can we roleplay a moment where your new story is tested—what would your future self do?”

 Embody the Untimely Kairos

- “What if this leap isn’t about time at all—but about alignment? How will you know you’re aligned?”

PerView, Inc. Coaching Note Sheet PER With Somatic Anchors from the VIEW Framework

By David Boje, PhD & Grace Ann Rosile, PhD

<https://PerView.org>

1. Characterize You at Your Best

Questions:

- What are your best qualities in moments when you thrive?
- What strengths have others noticed in you that reflect your best self?
- When have you surprised yourself with your own courage, creativity, or care?

VIEW Anchors:

- Vibrations: Tone of voice, breath depth, posture uplift
 - Inside: Positive self-image, hopeful thoughts
 - Energy: 1–10 scale of vitality
 - Waves: Subtle ripples when story is spoken aloud
-

2. Externalize a Label for the Problem Saturated Account (PSA)

Questions:

- What name fits your old story filter? (e.g., “The Shame Spiral”)
- How does this story think, feel, act?
- How has it shown up in your life before?

VIEW Anchors:

- Vibrations: Body contraction, tension
 - Inside: Inner judgments, limiting beliefs
 - Energy: Drop or spike when PSA is named
 - Waves: Resistance or tremor of recognition
-

3. Sympathize with the Benefit of the PSA

Questions:

- What did this filter protect you from?
- What did it help you survive?
- What did it teach you about navigating the world?

VIEW Anchors:

- Vibrations: Softening, warmth
 - Inside: Grief, gratitude, surprise
 - Energy: Respectful energy shift
 - Waves: Coherence and integration
-

4. Revise Beliefs, Thoughts, or Emotions (Instead of Reliving Trauma)

Questions:

- When did these beliefs first show up?
- What did you need then, that you didn't get?
- What traits would emerge if this PSA dissolved?

VIEW Anchors:

- Vibrations: New harmonics in speech/body
 - Inside: Origin of beliefs—yours or inherited?
 - Energy: Energy reclaimed
 - Waves: Shifting into coherence
-

5. Strategize Little Wow Moments (LWMs) of Exception

Questions:

- What did you think, feel, or do in those Wow Moments?
- How were you different from the PSA in those moments?
- What new choices are possible from those LWMs?

VIEW Anchors:

- Vibrations: Recognition of difference

- Inside: Joy, agency, confidence
 - Energy: Redirection from PSA to possibility
 - Waves: Emerging new rhythms
-

6. Rehistorize Without PSA Domination

Questions:

- What would life look like if you lived more LWM moments?
- What new LWM could you create today?
- What have you learned about your past from this new lens?

VIEW Anchors:

- Vibrations: Vibe-checking the past with compassion
 - Inside: Body's re-narration of memory
 - Energy: Shame to wisdom
 - Waves: Sailing new currents
-

7. Publicize the Leap into the New Story Future

Questions:

- What step will you take next, and by when?
- Who can support and witness your leap?
- What mindset and rituals will help keep you anchored?

VIEW Anchors:

- Vibrations: Courage to speak
 - Inside: Story as becoming, not perfection
 - Energy: Amplified by community
 - Waves: Held in a resonant field
-

✧ Final Kairotic Invitation

You, the coach, are not a fixer—you are a storykeeper
who midwifes a moment of nonlinear liberation.
You listen not for the problem—but for the waveform of transformation.
You hold space,
until the untimely becomes
the now.

Elior's Parting Poem for the Leap:

Leap not from fear,
but from frequency.

Speak not for applause,
but to awaken the field.

The new story is not written.
It is lived forward.

And you—coach, witness, co-weaver—
are the breath that blows it open.

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Website & Resources

Material for this lesson plan extracted from Perview Coaching Manual

https://perview.org/PerView_Coaching_Manual_FINAL.pdf

Access training, coaching tools, and downloadable guides:

 <https://PerView.org>