

12:31:46 Important I forget these things.
12:31:49 Fortunately, Justin is here to support me and the team.
12:31:58 Okay, just switching over to my phone so that I will have soon Salesforce.
12:32:23 So I don't actually know I'm not been on this Wednesday call, how many people are usually on this call.
12:32:32 Usually a lot, but we don't realize when Eric's doing it, how much they're missing.
12:32:42 Critical 10 or 15 or less Yeah, I was gonna say 12 to 15. Yeah, I just, I'm always amazed.
12:32:51 This is a general comment that when someone a person is perceived as the expert.
12:33:00 And we give all the power to the name of the person, and then they're not here. So in this case it's Yvette, but yet. I have learned so much so I just love, Eric, and his teachings, and they're different, but it just confuses me when people don't come.
12:33:25 It's usually smaller group.
12:33:27 When that's my experience when Eric is presiding. but it's not
12:33:36 confuses me I think as an agreement, and always there.
12:33:42 It sounds kind of dull, but I was going to say a lot of people are on vacation. And if I disappear.
12:33:50 I'm, I'm on my last day of dog sitting and I'm picking up.
12:33:57 I'm in, I'm in Eden Prairie right now. I need, I need a new dog sit up. No, I'm done for a while.
12:34:09 So welcome, welcome.
12:34:13 And, sorry, what was that what was that Eric Are you still in Minnesota.
12:34:19 I am Yeah, I would show you the outside, but it's just very green where I'm at. I'm very much enjoying this isn't my childhood home I didn't really grow up here but I was able to live, and I didn't appreciate it when I was here.
12:34:36 And now, we live on my parents live on the lake, and it's just Green Green Green and it's good Hello, Carol Hello Kathy Hello Marianne welcome.
12:34:48 So, let's see, we'll give another moment if you're welcome, you're welcome to start by checking in with a name, your, your name and where you're from and maybe a little bit about what's going on for you a feeling and indeed, so go ahead and do that in
12:35:03 the chat.
12:35:05 And if you'd like to just put your voice into the space for a moment and happy to have you do that.
12:35:18 And I am awake, I took a nap and I was worried I would not be fully awake. I got up like seven minutes before we started, and then made changes to the slides.
12:35:28 And I did some jumping jacks and now I'm awake and I'm here.
12:35:40 So what I'm going to do.
12:35:42 And I should pause longer up there we go is x his cousin Thank you.
12:35:47 What I'm going to do is actually we're going to start with a

little mindfulness somatic exercise I'm actually going to have you turn off your cameras and stand up and you're going to keep my camera on so you can see what I'm doing.

12:36:00 So, just feel free to turn off your cameras for this part and
12:36:07 wearing this shirt here, but on the shirt just for all of you got a color and everything. Okay. So, stand up when you're ready, and then what you're going to do is just do some arm circles like this.

12:36:21 Just do big arm circles

12:36:24 fast or as slow as you want to. I'd like to do my little faster.

12:36:29 One Direction.

12:36:33 Oh, thanks, sam.

12:36:37 Oh, there we go bang my hand on account. Then go forward, or the other direction.

12:36:43 All I'm trying to do is just get you blood flowing just you aware of your body a little bit, and do some shoulder rolls back and forward.

12:36:56 I can feel the cracking and my shoulders.

12:36:59 Wonder what that's all about. No more cracking. Okay, and then do this this is like a hug.

12:37:04 To reversible house look at this so switch arms go like this and the way I like to do this is I slap.

12:37:10 When I do this I slept, my shoulder and my side as I go, just do this a few times.

12:37:16 This is again just to get you into your body so you get that little noise, you feel the little motion arms.

12:37:25 Okay.

12:37:26 Okay. When you're ready, I didn't sit back down, keep your camera off you're just going to be listening now.

12:37:33 And for the moment just sit comfortably hopefully wherever you're at, and I'll give you a second just to do that.

12:37:42 And turn it this way because I didn't make my bed.

12:37:48 Just kind of relax.

12:37:50 Just sit as relaxed as you can.

12:37:53 And now I'm just going to say take your eyes. And those of you who have been with me before just take your eyes and just sort of roam around the room.

12:38:02 And you're just going to let them roam.

12:38:05 And we're when you're ready,

12:38:08 settle your eyes on one location.

12:38:12 Could be near it could be far could be outside the window. You don't need to be facing the computer.

12:38:19 And as you're settling your gaze on that one location.

12:38:24 Just kind of name and notice the thing you're looking at. So I'm looking at leaves.

12:38:30 And then the color of the object or objects are the different colors just notice them.

12:38:37 and name and this is the observation stuff just noticing a naming them.

12:38:44 And then notice or imagine the texture of the object.

12:38:50 And just imagine what it might be like if you were to touch that object with your fingertips.

12:38:58 Or if you were to rub the back of your hand on that, what would that feel like on the back of your hand.

12:39:07 And now I'm going to invite you to close your eyes.

12:39:11 Close your eyes and take a couple of deep breaths and. And this for this, this little bit just put one hand over your heart, and one hand on your tummy.

12:39:23 And as you know, just notice the in and out of your breath, and the rise and fall of your chest in your tummy.

12:39:44 And then you can go ahead and just rest your arms back, wherever they're comfortable down by your sides or in your lap wherever they're comfortable.

12:39:52 And now just do a little bodies can adjust notice some any physical sensations in your body.

12:40:00 And the tightness and your relaxation I have a tightness in my left draw.

12:40:07 And then my right temple.

12:40:22 I feel really relaxed in my legs. I can feel the pressure of the floor on my feet, and just notice any place where gravity is touching your leg, maybe work fabric is touching your body.

12:40:25 Just notice those physical sensations.

12:40:28 Maybe they're drifting across your skin.

12:40:45 And then just take a couple more deep breath and just notice the air going in and out of your nose or mouth, and the rise and fall of your chest and your tummy.

12:40:51 And now we're going to take just a couple of minutes, just a couple of minutes.

12:40:58 Two minutes. Two minutes to just be.

12:41:02 And then this two minutes. My suggestion my invitation to you is to just the end, just to try to let go.

12:41:20 So if you've noticed any physical sensations, any thoughts, any feelings, just notice them and let them drift by just kind of notice them and let go and if they stay with you It's okay.

12:41:24 It's okay.

12:41:25 And if you can just let them drop by.

12:41:30 So, two minutes of silence, starting now.

12:44:05 Welcome back.

12:44:23 turn on.

12:44:24 So glad you're all here.

12:44:26 Though Welcome back,

12:44:33 like the little waves the

12:44:33 Terra Welcome back.

12:44:37 Okay, so we're going to just do a little bit of check in with smart, in, in, in two groups of three in a moment.

12:44:51 Before we do that, I just want to share a little bit of the material.

12:44:56 I think I'm not sure that I think only maybe an was there on Monday. I think this will be all new and Marianne.

12:45:18 So I just want to share this because I think I hope

12:45:10 they find it would be great if I knew how to use this stuff.
12:45:16 Okay, let's do that. Let's try to see if this will work
network, and not one. Okay, let's stop the share for a second.
12:45:23 Sorry, one second.
12:45:25 Technical difficulties here okay there's that.
12:45:29 But, okay. So what we did was so the three modes of NBC are
self empathy.
12:45:36 Empathy and honesty. So, empathy. Empathy and honesty and I
think of those as self connection connection, and then expression.
12:45:45 So, in this topic of empathy for others, we always always
always try to start with self empathy or self connection. For this
reason I start with a self connection exercise, when I do, NBC stuff.
12:46:01 Other people do different things but the story I like to do
it.
12:46:04 So, we start with empathy for ourselves before we do empathy
for others, and I wanted to introduce these three concepts, going into
it.
12:46:13 There's sort of three goals or intentions but I like to think
of an NBC.
12:46:19 The first idea is, wellness, the wholeness of the cell.
12:46:24 And for me, this kind of means moving to a model of I am
broken I am hurt. And I am healed and I am hold.
12:46:34 So we're going for wholeness and this is almost like the self
empathy step.
12:46:39 The second piece is second intention for me is human ization.
12:46:45 And when I say human ization I'm actually humanizing both
myself and the other.
12:46:51 And what I'm trying to get to something like they are just
like me.
12:46:57 They are just like me. So there's wholeness for myself.
12:47:03 human ization of myself and human ization of the other
because they're just like me. And the third piece is warm, warm for me
means whole heartedness, and it means warm for myself and warm for the
other.
12:47:21 So for me, I like to think of the three intentions are
homeless for myself, human ization of myself and the other, and warm
towards myself and the other has three ways or three intentions, as
part of nonviolent communication and moving towards connection.
12:47:42 So just a reminder, We're here to support each other.
12:47:47 We're here to support the others inner work, and in many ways
to practice building neural pathways for ourselves, and support others
and to use feelings and needs guesses on that path.
12:47:58 So I just want to remind you of this particular
12:48:03 attention.
12:49:29 There's always a choice that's right Kathy. That's right,
here we go. We'll see you back in a little bit more than nine minutes.
13:00:24 like gum welcome back welcome back.
13:00:29 So here's the part where we harvest.
13:00:34 How was that for you. But came up with anybody like to report
out.

13:00:54 Little bit of how like there.
13:01:11 done don't think anybody is saying anything so I thought that it was just someone really yeah I thought that was really good yes I thought that was I'm really excited to harvest to just.
13:01:23 That's great.
13:01:24 I have two dogs in my house today, and there's magic because they're all sleeping. So, wow, magic. Yeah.
13:01:38 My apologies one of the dog started howling with some monthly siren tornado alerts practices.
13:01:46 Oh, nice. Okay, great.
13:01:50 I love it.
13:01:53 That's fine. Little bit of levity.
13:01:56 Okay, so let's do this. So you have the benefit of not being the guinea pigs for this presentation. I have modified it, so it is shorter. And hopefully, Once I get into mistake, I do.
13:02:15 I modified it.
13:02:17 So hopefully it will be super impactful and we are going to get through this slide so that we can get to practice in about 15 minutes that's my current goal.
13:02:25 So here we go.
13:02:28 What was that I thought I heard somebody says I'm like,
13:02:38 Okay, let's do this. Okay, so we're gonna play a little exercise called connecting or disconnecting.
13:02:42 And those of you, some of you have already done this more than once, and welcome back you get to do it again. I will need for performers we're looking for.
13:02:53 We're trying to get a Tony Award for Best or an Oscar, an Oscar for Best Performance so I want you to be as dramatic as possible so I need for people to volunteer so if you'd like to volunteer, go ahead and raise your physical hand or your other hand.
13:03:11 Okay, Kathy Kathy is number one and number two Louise is number three bells number four. Excellent.
13:03:19 Excellent. Now, I spent 24 seasons working with thousands of children so we're going to use a soccer, soccer example.
13:03:26 In this example I am your father.
13:03:29 And you have just scored a goal of just scored a goal and you're going to run up to me in the most dramatic way possible and you're gonna say daddy daddy I scored a goal.
13:03:38 And I will respond in one of these four quadrants.
13:03:44 So. Is everybody ready if you're ready, please nod or raise your hand or, or give me a thumbs up. There we go. Okay, so Kathy you're going to be our first.
13:03:53 Our first contestant in this in this award.
13:04:04 Trying to get an Oscar go ahead Kathy. And I'm gonna ask you to unmute because I can't hear your voice, your lovely voice I can't hear it.
13:04:10 Yeah Dad Dad Dad Dad, I gotta go I gotta go.
13:04:16 Ah, Kathy, you know, next time you really need to you need to look up and scan around you before you kick the ball.
13:04:26 Oh, I'm sorry. Now you pretend like you heard that and react

like a four year old child, sorry I forgot to give that instruction so go ahead Cathy and I'll react to that.

13:04:41 I don't know what you're talking about. I gotta go.

13:04:45 We go.

13:04:48 Yeah, Exactly. Thank you, Cathy.

13:04:52 So, that is perfect. So, that is an example of Kathy comes in. She's so excited. She wants to celebrate and I come in and I actively destroy any possibility of connection.

13:05:08 Right.

13:05:09 I come in with this this is just an example of what I would call active destructive next time do this advice giving fixing strategies, all these things, that's one way.

13:05:19 Thank you, Cathy.

13:05:22 Like that smile. Thank you, and you're up next.

13:05:27 Okay, So, deliver your lines glaze.

13:05:30 Daddy Daddy I gotta go.

13:05:34 Yeah, you know, I remember when I was 16 and I was playing in high school and I got three goals and one game and the coach says all these nice things about me and then we went out for pizza and read there was fantastic.

13:05:51 And I and you know respond as the four year old girl.

13:05:58 There you go.

13:06:01 Thank you. And so this is an act, this is actually this is actually considered a passive district and it seems pretty active to me but it's a passive destructive thing which is something like let me tell you a story about me, so I'm not telling you not

13:06:16 giving you advice but I'm telling you a story about me. And in both of these, you'll notice it shifts the attention away from the other.

13:06:26 It's just the wedge, away from the other it either puts you in the future, or in the past.

13:06:33 Okay now Louisa your next. And just as a reminder, after you've delivered your line I will react, and then you will react. Okay, and I'm, I would ever go, so please go ahead.

13:06:45 Daddy, Daddy, I gotta go.

13:06:49 Yeah, good job.

13:06:52 I am so proud of myself. Are you proud of me.

13:06:57 Good job.

13:07:00 Nicely done.

13:07:08 And I'm just.

13:07:30 Okay, so this is what we call passive constructive positive, constructive. Oh, sorry. So we already have a lot of self doubt, so it's nice if we can put that down.

13:07:24 And, you know, this is the good job or you did that's a good response now, it doesn't get acknowledges it but you have no sense of what's great about it, and Louise is still very excited but it doesn't really carry forward the connection.

13:07:38 It puts almost a burden on the Lisa, the four year old to continue the conversation.

13:07:44 Thank you Louisa.

13:07:46 And then, bill, bill you're going to deliver the final one, so please. Again, you deliver I respond and then you respond.

13:07:54 Okay. Yeah.

13:07:56 Dad, did you see that. Did you see that I scored a goal. I mean, it was awesome.

13:08:02 Wow. Yeah, I did see it and I saw how you how you kick the ball and you followed through with your kick and beforehand you looked up and you look lifted your arms to protect yourself.

13:08:15 And then you gave a high five to your teammates. That was amazing. How was it for you. What did you do to make that happen.

13:08:21 I was awesome I I just kept my eye on the ball and I you know I got a lot of help from my teammates so I had to I had to say thank you to them. Yeah.

13:08:33 Perfect. Thank you, Bill. Thank you.

13:08:36 So, that this, what we're doing there is, that's active constructive, so it's the Tell me more. And helping your player or the other, celebrate and savor their success.

13:08:50 Celebrate and savor.

13:08:51 And you'll notice that I gave specific things that I saw that were technically or specifically they did well it's not a good job at specifically what did I noticed what did I observe what is the observation I made that they did that as well.

13:09:05 So the way this works is if you think about this in terms of empathy for the others, the destructive ones are ones that shift the focus away from the other and they shipped us away and time.

13:09:19 The ones that help us stay in connection and support empathy, other ones that keep us actively in the moment and give them, empathy, by supporting their self empathy.

13:09:32 So I wanted to give you this is a model to start with.

13:09:37 And this actually works internally as well so you can have this internal dialogue as well.

13:09:43 If you're comparing yourself to others.

13:09:46 For example, now I'm going to ship, any questions or anything that anybody wants to say about that before I move to the next one.

Thank you all, like we got we had, we had almost everyone participate in that that's great so thank you will have more than

13:09:59 Anyone any, any thoughts about that anyone wants to share before we move on.

13:10:10 So we're going to move on quickly and we're going to do the neurobiology. Let's just say something, go ahead, Bill, we're gonna say something.

13:10:16 So, okay, Kathy where you're going to say something sorry I noticed you're muted. Nope. Okay.

13:10:24 We're going to go into the neurobiology we're going to take five minutes and then we're going to move to a practice.

13:10:28 So the brain is really set up to look for judgments. In fact, I would say, my understanding is to make a judgment or an evaluation on a negative one, because we're based, our brains our survival.

13:10:42 Focus we've evolved this way.

13:10:44 They look for bad thing, they look for problems, we look to

make sure that the tiger is not hiding in the bushes.

13:10:50 And what we really want is it so it's hard to look at the good thing.

13:10:54 And our brains are essentially, and this the reason I want to teach this part is because it provides real hope that's my hope for for growth and learning because we can reprogram our brands.

13:11:07 So,

13:11:10 based on feedback. I've changed this a little bit so you can see this I wanted to emphasize the left brain as a doing part of the brain, and the right brain as the being part of the brain.

13:11:22 Now this isn't to say that that strict lay these things in fact the brain as well integrated. But the point is you actually need both sides of your brain to integrate elements.

13:11:31 So what I want to emphasize on the left brain, you're working with concrete things, it's your working memory, your chalkboard of the mind, as opposed to your.

13:11:42 And so that's the left brain right brain which has your emotional memory and things which have strong emotional memories and getting coded in your brain.

13:11:49 And then you need to use your emotional memory to also then he'll things as well, so it's not simply thinking about things, it's feeling about things in order to fully integrate and heal from things that happen.

13:12:01 And you need as a result you actually need your right brain to deal with extreme stress as well because it's the feeling part that helps you support dealing with extreme stress, and then while the left brain is good at doing the social self relative to

13:12:18 others, the right brain focuses on the felt sense of self. The felt sense of self, so that that's what helps us integrate and heal from other things, it gives us the sense that we exist, not just in the context of our people but we ourselves exist and

13:12:37 it helps us stay in the present moment.

13:12:40 And, yeah, and in this case language really actually matters language really matters because the language of the left side of the brain is things like advice strategies and fixing criticism and comparison statements and facts, analyzing minimizing denying

13:13:01 all of these things.

13:13:03 And it really wants to stay in the language of cheerfulness and optimism and it wants to avoid sadness. And if you really think about it this is kind of way, for lack of a better word, corporate corporations are set up.

13:13:18 These are the kind of things that are okay very left brain ish activities.

13:13:23 So we stay in this very logical state, but the right brain really likes the language in general have feelings and needs.

13:13:34 And that's why we actually need to use both languages in order to fully a great experiences the factual pieces along with the feelings and needs. And while this is all spread throughout the brain, the point is you need both languages.

13:13:47 So for this reason we actually practice feelings and needs.

13:13:51 And our brain actually needs acknowledgement and accompaniment in order to integrate and heal new experiences.

13:13:59 There is the thought that people have that we need to be independent, that we are not interdependent, but we are independent, and as a result we don't go to other people to heal, or to be seen and heard, but in fact we are fully entered interdependent

13:14:14 beings, which need the acknowledgement and accompaniment. And we need that in order to integrate and heal the hard things that happened the hurtful things that happened.

13:14:25 So, acknowledgement and kindness. So, for this reason, empathy for others, is what supports other people's work and empathy towards you from other people, is what supports your work.

13:14:37 So you can become more for me.

13:14:39 So I can become a more whole person, and have more wants to myself.

13:14:44 How does anyone have any questions about the material that I've presented.

13:14:48 Any questions or concerns,

13:14:53 would you define a company men.

13:14:58 A company what would be, it could be as simple as just empathic presence me just listening to someone talk with very little empathy.

13:15:09 It means it's walking the path with someone.

13:15:12 It may or may not include empathy guess is, it, it, it's just simply being there and, and having warm accompany month, either in the moment of a trigger or afterwards in terms of processing the trigger.

13:15:28 Does that help.

13:15:35 I think I know what you're talking about those examples I can understand those.

13:15:42 I'm.

13:15:45 I'm looking at the two words acknowledgement and accompaniment.

13:15:50 And that's.

13:15:54 You're, you're saying that's what the brain needs. I need my brain needs that to heal and grow I need acknowledgement. I guess from self and others, and accompaniment from self and others.

13:16:10 Mm hmm.

13:16:13 And I personally, I personally think it's mostly from others it's hard to accompany ourselves. I just think, okay, so.

13:16:28 Okay. Okay. Okay.

13:16:32 Thank you.

13:16:34 Thank you, Kathy thanks for that. Yeah.

13:16:38 Eric I was wondering I noticed that I get myself in the most trouble.

13:16:45 spinning ruminating when I'm trying to be logical and there's a huge amount of emotion in whatever I'm trying to process this, and I try harder and harder to stay in my head.

13:16:57 I also noticed it seems like in other people. That's one that people are uncharacteristically mean or Rachel, or something because it's like they don't know how to say something like like to say

goodbye or to say No thanks, horror, I don't know what message.

13:17:17 And they're going to bless you know, it seems like blame and rage and and spinning and ruminating come from trying to shut off that right right brain Park.

13:17:32 Is that your.

13:17:32 Yeah, actually you know I'm really glad you asked that what I removed from this particular graph, this particular sorry let me go back here to them. This is the language of the left brain, the only thing the left friend actually can do is to blame.

13:17:46 Assign responsibility or fault.

13:17:48 So when we're in our left brain. And this is what's developed it's simply developed because of survival initially survival, as a child as a baby with belonging because you don't want to the baby that's one of the, the child doesn't want to be left in

13:18:04 the jungle by itself as well.

13:18:07 We're taught to blame.

13:18:09 And we're taught we just learned this is totally ingrained in us and our left brain, the only language it has is to blame and do these kinds of things.

13:18:18 And it's just hard because we're not taught that that feelings are okay.

13:18:25 We're not taught words beyond sad and mad and glad.

13:18:30 So the ruminating occurs because then because we're. We, the brain wants cheerfulness and avoid sadness. It ruminates because it thinks there's something wrong, it wants to fix itself.

13:18:43 And it just stays there.

13:18:45 And it's not able to articulate it, it's a circles yes just circles, that's just for that's a great question. I hadn't thought about it like this so thank you for that.

13:18:52 So that's my belief is to what happened.

13:18:56 And it could be different, probably an hour I'll have something called so thank you for that.

13:19:04 So what I'd like to do now is, I'd actually like to encourage a practice and I think everybody here.

13:19:11 I'm not sure bill has but everybody here and I'm just calling out bill because I think it's okay though but I could be wrong so bill if you're embarrassed you let me know.

13:19:19 I'll never do it again.

13:19:21 So, here's it here's what I want to do is I want to actually encourage a feelings and needs practice. We have 35 minutes remaining so we'll do a quick demo.

13:19:29 So you're going to get put back into your groups of three same groups of three.

13:19:33 And you're going to have three people what's going this person is going to speak.

13:19:37 You're going to have one listener, and one listener who's also going to be a timer also going to be a timer.

13:19:43 You'll have about,

13:19:48 probably nine minutes each. So, the speaker will express for two minutes uninterrupted, then you'll have to listeners to listeners.

They're both be listening, but you'll also one of those this will also be a timer, and they're going to time and they're

13:20:04 going to let you know when the two minutes is up, and once the two minutes is up, that person just kind of wave their hand across the screen and say you know and that's it the signal to like, close it off in the next few seconds.

13:20:15 So the speaker expresses their warned, they stop, and then there's a pause for 25 seconds.

13:20:23 It can be 20 seconds, it can be 30 seconds but I'm going to save 25.

13:20:27 Okay.

13:20:29 Then, one of the two listeners, so either the timer or the other listener can do a one word feeling one word need guests.

13:20:37 Okay.

13:20:40 So, and then there's another pause, just slow down.

13:20:44 Ideally, it's 25 seconds doesn't have to be 25 seconds just pause to let there be at least four seconds of silence.

13:20:53 And then the speaker will respond.

13:20:55 So we're going to do a quick demo.

13:21:00 And could you just give me a sentence or two about what's going on with you, would you be willing to be part of a demo, just guessing me two or three sentences on what's going on for you and then I'll demonstrate the feelings and needs guess I'm feeling

13:21:14 hopeless with a friend who's angry with me from us, connecting with her Moreover the pandemic. And every attempt I keep trying to do now seems to fall flat makes no sense to me.

13:21:26 I don't know what I can do. I'm getting pissed at her.

13:21:31 I'm coming up with all kinds of reasons, she's unreasonable.

13:21:35 It's deteriorating instead of holding space

13:21:40 or Perfect. Thank you.

13:21:51 So we pause for 25 seconds.

13:21:55 And my guest is going to be, so one feeling and and or one need.

13:21:59 Now you can do just one feeling and or one minute.

13:22:03 So I'm going to guess and that maybe you're feeling.

13:22:08 Maybe like frustrated and really wanting really just wanting to stay in connection with this person really wanting connection. Is that true.

13:22:24 First one.

13:22:25 The first one is true I'm really frustrated.

13:22:28 And now I'm questioning the connection or find need a vacation from the relationship for a while.

13:22:36 So maybe you're wanting some space. Yes, sir. Yes.

13:22:43 Yeah, Well, yeah, maybe you're wanting a little relief from this constant

13:22:54 of guilt. Yeah.

13:22:56 So you're feeling guilt, you're feeling guilt.

13:23:04 Okay, we're going to pause that right there.

13:23:07 Should I just those pauses are hard, your feelings come up in those pauses, damn it.

13:23:16 I can see why you put them in Thank you.

13:23:20 Yeah. Yeah, exactly. So we're looking for the. So we really want the speaker to have the pauses are mostly for the speaker. In this case, remember we're supporting the speaker, and there's a tendency especially a new group so like I got a guest.

13:23:36 I've got a guest. I want to go, I'm going to get this I'm going to get it I'm going to get right in and is going to give me 10 extra points.

13:23:42 That's what we wanted it. So my suggestion is to really, really practice that pause.

13:23:50 And what I really liked about that and was you said, well, it's the first feeling is true but it's not that it's more than that.

13:23:57 So you've got as a responder you've got several things. It's like, it could be, yeah that really works. Or no, it's absolutely not that, or it's kind of that it's more like this, those are kind of your three general things.

13:24:10 And the more you pause, the better. Now the last thing is is for the listeners who guess what you're really doing is you're trying to extract out of them, the deepest truth you're really listening for the deepest truth.

13:24:23 So what I'm looking to you to try out, in addition to the pause, is to really just do one word one feeling and or one get need.

13:24:33 And if you can think of it, then just guess what you're just say what you're feeling and meeting, because all you're there to do is support the other person's work.

13:50:45 welcome back welcome back.

13:50:48 So take a moment take a couple deep breaths.

13:50:54 Just notice where you are physically, and maybe just notice where your feelings are in this moment.

13:51:11 will take just a few minutes to harvest, anything that you noticed anything that's come up any anything that anything.

13:51:22 What are you bursting to tell me and the group and or the group, mostly me because I want to hear it but the group to

13:51:41 go ahead down, and then though.

13:51:49 I'd love a chance to put into words because I often find it so hard. I'm laughing because we went off script and one of events.

13:51:54 Recent assignments was to be a bad girl.

13:51:58 And so I'm enjoying

13:52:00 that I went off script. And I have such a good girl I had a hard time with it. I stopped, what we were doing the middle of it we went, No, I want to continue I really do what we were doing.

13:52:13 And I thought, but I'm going to check with the others and so they.

13:52:17 We brought in NBC pieces, and I felt so seen and heard by the other two, and such a strong sense, I mentioned it to him have shared humanity,

13:52:33 because I kept listening for, for, for the,

13:52:39 for the goodness is not the right term but the need deeper needs that were behind some of our dilemmas.

13:52:46 And how the lack of a better word beautiful those are. So

anyway, Thank you for the opportunity to be a bad girl.
13:52:58 Celebrating Bad Girl illness.
13:53:06 Thanks Danielle, go ahead. Yeah.
13:53:22 You know what was going on internally with us.
13:53:27 Usually around some issue or another. And then we get feedback.
13:53:34 Or we get we get a guess.
13:53:40 And then,
13:53:40 somewhere along the line, the left brain like took over and like the self judgments came in, and that stopped a couple of us right in our tracks.
13:53:51 In, in all kinds of ways in in being able to track with ourselves and and have compassion for ourselves and to take in what was being said and share.
13:54:03 So it's an internet.
13:54:05 I recognize the dynamic, but realized how powerful it is.
13:54:16 This thing how powerful that, that, that ingrained pattern is. Yep.
13:54:20 Yeah, just having awareness, like, oh I shouldn't be feeling like this, or I should have done this better I could have avoided these feelings.
13:54:30 Wow, powerful should.
13:54:32 Yeah.
13:54:37 Thank you.
13:54:48 But I thought the format was helpful, the 25 second pauses.
13:54:54 Very, very helpful.
13:55:04 Um,
13:55:04 would you like to describe in what way or how.
13:55:08 Yeah, I think just.
13:55:11 There's kind of a settling.
13:55:16 It gives me a, as a speaker, it gave me time to reflect on what I said.
13:55:24 and take a little bit deeper dive.
13:55:32 And a really prepare myself to just hear people's guesses.
13:55:48 So they get grounded in the open. That's kind of what I heard.
13:55:51 Yeah.
13:56:02 Erica I would like to say that
13:56:06 after, after spending time with my two wonderful partners, the appreciation that I have for
13:56:25 the safety actually that is created, or husband created together,
13:56:35 which I think is really, really, is exactly those two wonderful big words you had on your chart the acknowledgement and the accompaniment.
13:56:47 I was a person who was speaking about past behaviors that have been harmful to others with rage and blaming, and projection, because actually I was not aware of my own feelings, or how I could possibly meet those needs.
13:57:09 I didn't know what they were I mean we're coming from a

person who was living in constant high alert life threat.

13:57:19 And so, to be able to speak about that past behavior, without feeling shame is really a gift that these two women gave me today, and it was unexpected and I was speaking about my behaviors as a way to possibly speak about some people in their lives but

13:57:43 this beautiful organic emergence of a kind of acceptance.

13:57:51 I don't maybe even some self empathy for having had to live as a terrified person and how that has been harmful to the people I've loved and.

13:58:04 So, a very beautiful place for acknowledgement in this case, me, acknowledging to myself and to others, and accompaniment without fear of rejection. And so that is a very beautiful space that was created for us today I just wanted to say how grateful

13:58:30 I am for that.

13:58:45 So I'm hearing maybe some delight, and gratitude for the space and acceptance.

13:59:00 You think even the word off, would be appropriate.

13:59:21 Well, thank you.

13:59:25 I thank you Carol and Bill and and so we're in the final phase now we're actually past time a little bit, I'd like to keep the recording going and just request so if you'd like to leave.

13:59:36 Go ahead.

13:59:37 I would like to request actually some feedback on the session.

13:59:42 What you really liked, if you haven't said it already, something you liked about what I did or said on anything that you think might be changed I'm requesting some feedback on the session.

13:59:53 And you are absolutely free to go if you need to go and you would enjoy going go ahead.

13:59:57 But if you'd like to give any specific feedback on what would well or what you think should be replaced. I'd love to hear that now.

14:00:04 So I'll just pause, girl. Okay.

14:00:07 Go. Okay. Take care.

14:00:12 Okay Louisa Take care.

14:00:15 Thank you.

14:00:24 Justin Do you need to run.

14:00:28 No, I don't need to run but I think it won't download the video until the meeting ends, so I'll just hang out, so that I can.