



Connection in the Time of Social Distancing

Part 1: Inner Experience vs. Outer Experience

Who is this for?

- This session is open to anyone who wants to continue practicing nonviolent communication in the time of social distancing.

What's the intention?

- The intention of this practice session is to learn and practice some skills for self-calming and discernment in the midst of difficult or chaotic moments so that any actions you take come out of your best self rather than reactivity.

What opportunities does this learning unlock?

In the end, we want you to be able to ...

- See your inner experience and outer experience clearly (what I experience inside myself vs. what is happening in the outside world).
- Increase the odds of acting out of your best self.

Learning Objectives

You will have a chance to:

1. Practice ways to interpret your inner experience, distinguishing thoughts from feelings & sensations.
2. Start to identify requests that might help you move into self-connection and calm.

Breakout Room Check-In:

- You will be in a breakout room with a partner.
- In pairs, share your answer to this question. **“What is your intention in joining us today?”**
- You will each have 3 minutes to share.
- Your breakout room will end and will be brought back to the main room.

Intention: I want to stay present, seated in compassion, no matter what. This gives me a better chance of taking action from my best and clearest self.
Mary Kay R.

Write your intention here



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Individually, write your observation (outer experience) here.

Observation	
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Breakout Room #2 Exercise:

- Decide who will go first. You'll each have approximately 20-25 minutes.
- The speaker will talk about the observation that 'triggered' them. Enjoy the jackal show.
- The listener listens with presence and scribes the thoughts for the speaker in the chart below.
- The listener may also make empathy guesses about the feelings present for the speaker while s/he tells the story. The listener will remind the speaker to check in with their physical sensations.
- The listener may offer needs guesses or ask the speaker what needs are up for them.

Thoughts or Opinions	Feelings	Sensations

Needs

Possible Strategies	What are some requests that I could make of myself or others to meet my needs?
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