



Check-in (breakout room): Share your holiday thought with your partner in the breakout room. What is it about this thing that makes it challenging? Or is it something you particularly enjoy? Or wish for? Why did you choose this thing to work with?

Step 1: As you think about the holidays, what comes up for you? Write down ONE thing you'd like to work with.



Step 2: Listen to what you are telling yourself. Write your thoughts below. Translate the thoughts into feelings and needs you identify.

My Thoughts	My Feelings and Needs

Step 3: Sit with the feelings and needs you have identified until you feel a shift. This shift usually happens when you explore these two things:

1. I'm sad that I am not connected to this beautiful need (in this situation). I miss it; and
2. I recognize how beautiful this need is and how much I value it and want it to be part of my life. I explore what it would mean to me if this need were abundantly met.

Step 4: Do you have any request to make? This could be a request of yourself or the other person.



Dyad Meditation: “Beauty of the Need”

Robert Gonzales Online Workshop: “Living Compassion”

Breakout Room Exercise: Dyad Meditation

1. Spend a minute connecting with your partner.
2. You and your partner will have a total of 45 minutes.
3. The speaker chooses the question and the NEED word.
4. The witness begins by asking the question.

Things to know about the dyad meditation:

- At the very beginning, 30 sec of eye-gazing.
- One person sets the timer for 5 minutes.
- Promptly switch roles after 5 minutes.
- Remain silent throughout as much as possible.
- The witness holds the space with presence (eyes open).



The speaker



The witness

Question option #1: “How does [choose a NEED] live in you?”

Question option #2: “What does [NEED] mean to you?”

Round 1 (10 min)

1. The witness asks the question chosen by the speaker. (5 minutes)
2. The speaker speaks and the witness listens with presence.
3. After 5 minutes, switch roles. (5 minutes)

Round 2 (10 min)

1. The witness asks the question chosen by the speaker. (5 minutes)
2. The speaker speaks and the witness listens with presence.
3. After 5 minutes, switch roles. (5 minutes)



With your partner: Share the most noticeable experience in you right now. If you found this experience challenging, welcome that voice into the room. Let that voice be heard, too.

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