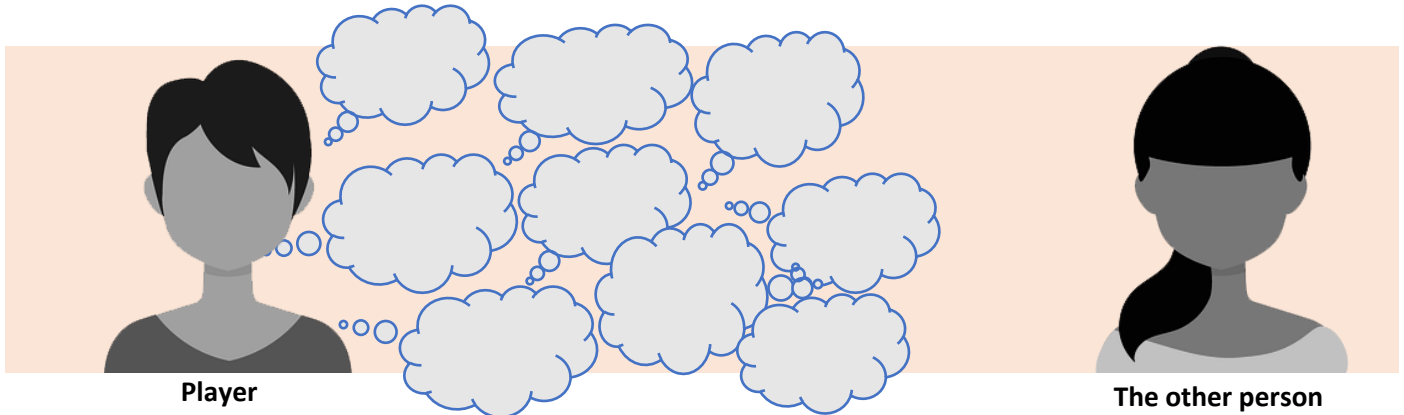




Introduction to Conscious Communication

Part 3: Thoughts Get in the Way

- ☹️ Think of a person with whom you have a challenging relationship. What kind of thoughts do you have about the person and your situation? The juicer the thoughts, the better.



We all have thoughts! But what can we do about it?



Demonstration: Seeing the thoughts

1. Choose one volunteer to be **the player**. That person will share some thoughts aloud (about the other person).
2. The player selects one person in the group to play **the other person**.
3. Setting up the Zoom video and audio:
 - a) Select the “Gallery View” on your Zoom setting.
 - b) **The player** and the person playing **the other person** rename their Zoom names to “the player” and “the other person.”
 - c) In the beginning, only the facilitator and **the player** are unmuted. The rest are muted.
 - d) For those who are observing (not playing any roles) during this exercise, turn off the video. The role of observers is to silently witness and hold space for **the player**.
4. The facilitator will ask for 5–10 **thoughts** from the player. Each observer can choose a **thought** they would like to perform. Write one thought per person on a piece of paper with a thick marker. Hold it up to the screen and unmute to speak the thought.
5. Once we have a group of **thoughts** visible on the screen, **the player** will follow the instructions of the facilitator on how to acknowledge these thoughts. Observers silently witness (with *presence*) what arises in the space; they are muted and unseen, but not un-felt. The other person is also a silent witness and is paying attention to the body — the physical/emotional reactions — as they observe.



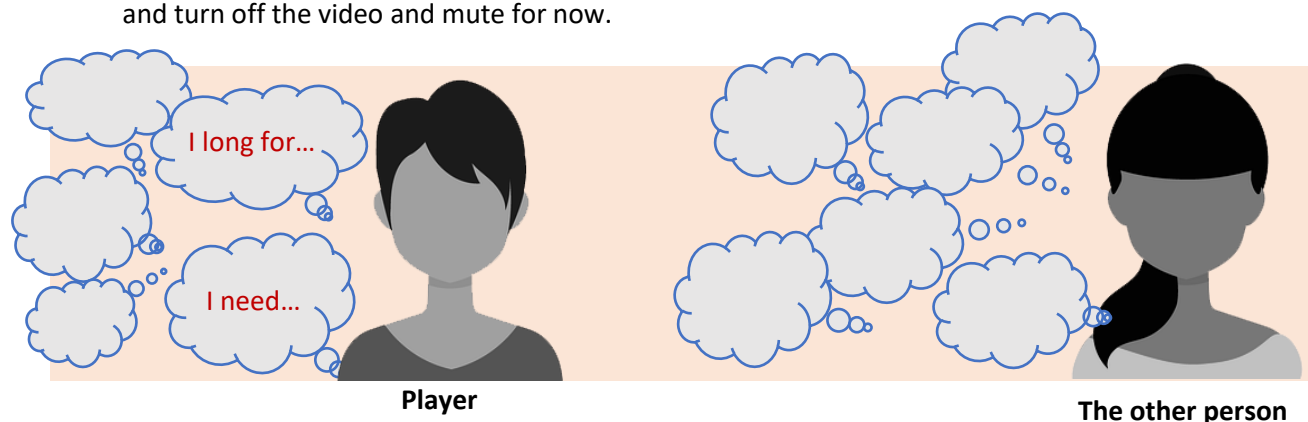
Introduction to Conscious Communication

Part 3: Thoughts Get in the Way



Demonstration: Acknowledging and translating the thoughts

- Step #1: **Player:** Notice the thoughts. Choose one **thought** on the screen, and...
- Step #2: “Introduce yourself” to the thought. “I’m [Player’s Name]. **Thought** will reply by reading the thought they have written down. “Hi [Player], I’m [Thought].” **Player** responds with “I see you.”
- Step #3: Say, “I see we need to talk. If I promise to get back to you later, are you willing to take a seat now because now I want to...[turn my attention toward these immediate needs].
- Step #4: **The thought** will decide whether it is willing to take a seat or not. If it is, it will put down the paper and turn off the video and mute for now.



- Step #5: If a **thought** does not want to “take a seat,” this tells you that empathy is needed. Ask this thought if they can wait just a moment while you check in with the others, and then you will get back to it for further discussion. This thought stays present and visible.
- Step #6: Check in with the other thoughts “Introduce yourselves – I see you – Would you be willing to sit down...” until only those thoughts that are unwilling to leave are present.
- Step #7: Now **the player** goes to the juiciest **thought** that remains and says “I see you [read the thought]. **The thought** also repeats itself aloud “[thought]” with feeling.
- Step #8: **The player** will make an empathy guess, “Are you feeling...because you need/want/long for...?”
- Step #9: **The thought** will respond, “I feel _____ because I’m needing _____.” Say it with energy. Express it honestly. If the guess is not accurate, thought can simply say “no” or offer a different guess.
- Step #10: When the **need** is identified, write that on the other side of the paper, and hold that up to the screen. Now **the need behind the thought is your ally** as you approach **the other person**.
- Step #11: **Player:** Look at **the other person** now, with your allies beside you. How do you feel in your body?
- Step #12: How was this for **the other person**?



Debrief

What insights or questions do you have?





Introduction to Conscious Communication

Part 3: Thoughts Get in the Way



Breakout room activity: Thoughts get in the way.

Thoughts	Feelings & Needs
	

Acknowledge our thoughts:

- Step #1: Read over the thoughts above. Read them aloud, with feeling.
- Step #2: Repeat them and say "I see you, [thought]."
- Step #3: Repeat again "When I see you, I wonder if you're (I'm) feeling [feeling] because you (I) want/need/long for...[need]."
- Step #4: Pay attention to your body as you name the feelings. Ask yourself if there is something this feeling energy is longing for.
- Step #5: Welcome whatever comes up. See if you can offer empathy and comfort to that part of you feeling [this way] and yearning for [this quality].
- Step #6: Look back at the trigger thought. Try using the training wheels sentence: "When I see/hear [trigger], I feel...because I'm needing...." Ask yourself, "How do I feel now?"



Debrief

Do you have any wisdom that you would like to share with the group?