



Introduction to Conscious Communication

Part 3: Thoughts Get in the Way

Before breakout

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 juicier the thoughts, the better.

Breakout room activity #1:

1. Introduce yourself to your partner.
2. Share your thoughts about this challenging situation. You do not need to share any details, just thoughts.

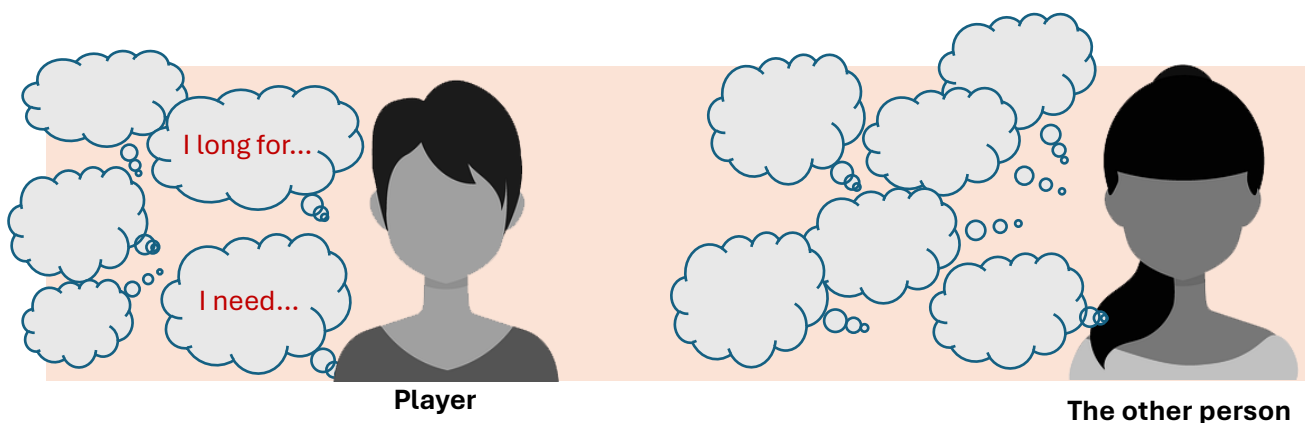
Demonstration:

Setting up the roles:

1. Select one person to be the player.
2. The player selects one person in the group to play the other person.
3. Both rename their Zoom names to “the player” and “the other person.”
4. The facilitator asks for 5–10 **thoughts** from the player, who shares them aloud.
5. One observer chooses a **thought** to perform, writes it on paper, holds it up to the screen, and unmutes to speak it.
6. Observers not playing roles turn off their video and silently witness and hold space for the player.

Acknowledging and translating the thoughts

1. Once **thoughts** are visible on the screen, the player follows the facilitator’s instructions to acknowledge them.
2. Observers silently witness (with presence), remaining muted and unseen, but not un-felt.
3. The other person also silently observes, paying attention to the body – the physical and emotional reactions.





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Demonstration: Acknowledging and translating the thoughts

1. **Player:** Notice the thoughts. Choose one thought on the screen, and say...

“I’m [Player’s Name].”

2. **Thought:** Reply by reading the thought written down.

“Hi [Player], I’m [Thought].”

3. **Player:** Responds with,

“I see you.”

“We need to talk. If I promise to get back to you later, are you willing to take a seat now because I want to [turn my attention toward these immediate needs]?”

4. **Thought:** Decide whether to take a seat or not. If willing, put down the paper, turn off the video, and mute. If not, this tells you empathy is needed.

5. **Player** responds:

“Can you wait a moment while I check in with others? I’ll get back to you.”

This thought stays present and visible.

6. **Player:** Check in with other thoughts using steps 1-4.

7. **Player:** When most thoughts are seated, go to the juiciest thought that remains and say,

“I see you [read the thought].”

8. **Thought:** Repeat itself aloud “[thought]” with feeling.

9. **Player:** Make an empathy guess,

“Are you feeling...because you need/want/long for...?”

10. **Thought:** 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.

11. **Thought:** When the need is identified, write that on the other side of the paper, and hold that up to the screen.

12. **Player:** Now *the need behind the thought is your ally* as you approach the other person.

13. **Player:** Look at the other person with your allies beside you and notice how it feels in your body.

14. **Facilitator:** Ask, “How was this for the other person?”



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Breakout room activity #2: Acknowledging our own thoughts

1. Write your thoughts in the table below.
2. Read the thoughts aloud with feeling.
3. Repeat and say, "I see you, [read the thought]."
4. Repeat again, "When I see you, I wonder if you're feeling [feeling] because you want [need]."
5. Pay attention to your body as you name the feelings. Ask if this feeling energy is longing for something.
6. Welcome whatever comes up. Offer empathy and comfort to the part of you feeling [this way] and yearning for [this quality].
7. Look back at the trigger thought. Use the sentence: "When I see/hear [trigger], I feel...because I'm needing..."
8. Ask yourself, "How do I feel now?"

My Thoughts	My Feelings and Needs
