



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.

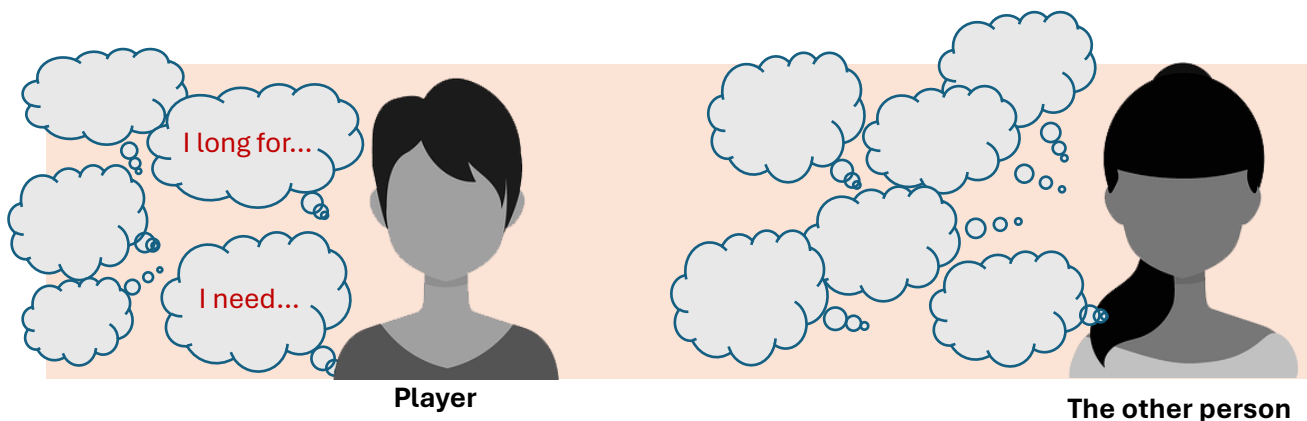
Demonstration:

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 3–5 **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 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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Breakout room activity #2: Acknowledging our own thoughts

Before entering the breakout room:

- Write down the thoughts you have about your challenging situation in the table below. Let them flow—no need to judge or filter.

In the breakout room:

1. Decide who will be the first player.
2. The player reads their thoughts aloud with feeling.
3. Someone types each thought into the chat as it is spoken.
4. Assign each thought to a participant. If needed, people can take more than one.
5. Each participant reads the assigned thought aloud, bringing it to life with feeling (one at a time).
6. Everyone reads all the thoughts together, out loud, three times in a row.
7. Ask the player, “What was that like for you?”

Working with thoughts:

8. Feelings: Invite everyone to sense what feelings are present in the thought. Type feelings into the chat. Notice what arises in the body as the feelings are named.
9. Needs: Invite the group to guess what need might be underneath the feeling. Type the needs into the chat.
10. The player identifies an important feeling and a need.
11. Ask the player to say, “When I see [thought], I’m feeling [feeling] because I need [need].”
12. Welcome whatever comes up.
13. Ask the player, “How do you feel now? What would be like to have this need met?” Pause and honor whatever arises.

My Thoughts	My Feelings and Needs
