

NOTICE

I notice the annoyance on your face
I'm hearing the nervousness in your voices
I see you are struggling to look at him
I notice he was glad to see you
I notice as you talk you are going from slower to faster speeds

I notice you seem prepared for a fight
Wow you really needed to get that off your chest
I noticed that you seemed like you are working hard at trying to find a compromise
This decision seems really important to both of you
There are five conversations on the table
I'm feeling the intensity of all of the feelings in the room

Do you have a hunch about why this is so important to her?
I can feel your irritation and frustration
I notice you are on different sides of the divide, you are kind of split
Excuse me.... (goofy question)

This is really good stuff!

INVITE

Would you be willing to pause
I wonder what might happen if you stopped interrupting her
(Deep breath--inviting them to breath too) Let's just both sit with this for a minute (silence)

Would you be willing to come to what is happening in the room right now
Can you notice what it feels like to be in this position
I wonder if we can stop in and check in with that frustration
This is a great opportunity and we have all the time in the world to explore this

what's in the middle (of the different sides)
Mark, would you be willing to do something with me....
I wonder how it would be to.... because it is obviously very important
Would you do something with me...

	and get some understanding	
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PRACTICE

<p>Mark I'm wondering if you could sit with a couple of emotions you might be feeling... (name emotions) It sounds like she really matters to you.... can you.... two feelings What would it be like to rewind... and start with how you felt before you open the door... (pause for a moment) I invite you to PRIVATELY explore... What are the challenges that are before you... can you notice... Can you feel the ambivalent feelings inside you..... How might you talk about ambivalent feelings with your partner kindly</p>	<p>Sarah, would you pay attention for a moment to how your body felt as you walked through the door and thought about what you were going to say to your partner Pay attention to how much you want this weekend to work for Mark Can we take a moment to understand what was behind the decisions that you made, to question the importance of the weekend for you... Why don't you think about the pros and cons of this LA trip for yourself, the risks and the benefits, the feelings...</p>	<p>I wonder if you've even been at a grocery store, picking up food for dinner, and you see some fruit... think about getting it home... then realize it looks good but inside it is still raw (metaphor) being patient is going to lead to something even better... So that we can all understand let's take a moment to notice how important it is to listen and to move to understanding before we speak... To understand what it feels like to be inside the other person...</p>
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