

Debrief for Exercise #2

Here's where all can have great fun and learn, learn, learn. There is no right or wrong, good or bad, success or fail. Embrace whatever happens and all the truth you can about **yourself**. Let every "mistake" be a roaring "success" by shouting "alleluia! I have learned something!"

Storyteller

What did it feel like to tell your story?

Did you **feel** heard? Did you **feel** the listener was genuinely interested in **you** and **your** story? Can you recall what the listener did that influenced how you feel about this?

Did you feel comfortable/uncomfortable?

Did you notice assumptions, thoughts, feelings, emotions, passions that you had not noticed in yourself previously, or perhaps you had "noticed" them but not really been "present" to them, or, perhaps, not in a long time?

Anything else?

Listener

What was it like for you? What did it feel like? Were you nervous? Were you worried about getting it right? Did you find yourself getting anxious or troubled? Were you afraid that you didn't know what to say next?

How was it trying to set aside your thoughts, feelings, emotions, passions, desires, etc.?

Did you struggle not to ask leading questions?

Did the encouragement to be curious help you?

As you chose to be curious, did you find yourself fully engaged and even "lost" in the storyteller's story?

What else?

Observer

What did you notice?

Did the storyteller seem comfortable/uncomfortable?

Did the listener help the storyteller tell their story? How so?

Did the listener ask leading questions rather than open questions?

Did the listener use pauses well? Can you recall a time when the listener used a pause well?

What occurred within you with regard to your thoughts, feelings, emotions, passions, and assumptions?

Were you present to yourself?

Did you notice resistance in your self to what you were hearing? What does this tell you about yourself?

Remember, every interaction is an opportunity to see yourself, to learn about yourself, especially if you are being “triggered” by what is happening.

If you are being triggered, why? What is the “unfinished business” in you that is being triggered?

To the extent we have done our inner work and can remain peaceful, we are more available to others, less likely to project our unfinished work onto them, more likely to be compassionate toward them, more likely to be open to their pain and provide a healing presence, and more likely to grow a stronger connection with them. All of which encourages us to be present to the true truth of ourselves and see every interaction as an opportunity to learn about our self, to grow, to heal, to be whole, to be one.

What did you learn in watching the storyteller and the listener?