

Find a quiet place where you can have your full attention for a while, without distractions or disturbances.

Posture: make your posture upright and at the same time relaxed, your spine straight, your chest wider, your shoulders slightly back.

Breathing: Breathe in once more, feel how your lungs fill up, oxygen feeds your whole body, and while breathing out you allow relaxation where possible, your posture remains straight and open.

Space: Stretch out your arms, be aware of the space around you and look around to all sides, corners, windows, also backwards, downwards and upwards. Move around in the room if you wish.

Quality: Say out loud to yourself “what would it be like with a little more ease (or another quality) in my body?” and feel how your body reacts. Maybe some muscles relax or react just a little bit, or maybe you notice something in your thoughts or feelings.

Inspiration: Think of someone who makes you smile, who makes you happy or inspires you, and stay with this feeling for a while.

RESILIENT DIALOGUE

A resilient dialogue requires

- A safe-enough situation in which we dare to speak.
- Allowing and expressing emotions and deep listening.
- Being able to feel what has moved you, to notice what is important for you, to gain wisdom.
- Finding solutions asks you to think of concrete actions based on your wise insights.

Safe-enough situation: What is needed before we start talking? E.g: That we all have our own truth? Agree that we will not interrupt each other? That we will not attack each other? That a third person is present?

Expressing emotions: What is going well, what is not going well? First let one person speak fully and then the other. Do not react to each other, no questions, don't judge the judgements. Say what you feel, what you think and what you want.

Wisdom and insights: What has touched you in what has been said? What do you remember most? What does this say about you as a person? Share these insights with each other.

The way forward: Are there concrete ideas for action that you can think of? Try to collect as many ideas as possible and look at the feasibility together.