

Episode 2 – Listening, Hopes and Fears

Things to prepare for the episode:

1 notebook each.

Exercise 1:

Check in. Take a couple of minutes to tell each other how you are. Try to include one physical sensation and one feeling word. Like a stiff neck, tight chest, slight headache and curious, irritated, angry, happy, and so on. Only listen when the other speaks and try to do so with a receiving mind.

Exercise 2:

Asking each other in turn: What do you imagine my hopes and fears are for our relationship and for this process?

When you are asked the question, answer as succinctly as possible without inference of your own feelings and thoughts. Your partner will simply paraphrase back what you said after you've finished. Paraphrasing is saying the same thing back to the person who has just spoken, but in your own words, without inference or interpretation.

After this you swap and do the same thing again.

Important: Take a minute before you start to get a sense of whether you want to start or not and invite the other to do the opposite of what you want (if you want to start, invite the other to do so, if you don't want to start, you suggest you start). In this case 'start' means answering the question.

Hold a 'talking object' while you speak and hand it over when you have finished. After your partner have paraphrased they can ask 'Have I missed anything?'. If you are happy with how they have paraphrased they can start their own sharing, if you want to add something they missed, take the talking object and briefly add what you need before handing it back.

Exercise 3:

Asking each other straight up: What are your hopes and fears for our relationship and for this process? Use paraphrasing when you respond. Let your partner hand over the talking object before you paraphrase.

The process will be the same as last time; Take a minute to decide who starts, then a few minutes each to share your hopes and fears while paraphrasing in return.

Exercise 4:

Debrief. Tell each other how you feel now after sharing your hopes and fears. Use the talking object when you speak and mainly paraphrase in response. If it's helpful you can set a timer for 5 minutes. Remember that this is the very start of the process, and you don't have to understand everything right away.

Questions for the end of the episode:

Write down in your notebook the answer to the following questions during the end music. They should only be very brief answers and try not to overthink it. Rather intuitively feel your way to the answer without judgment. The answers to these questions will be used in preparation for and in the tenth and last episode.

1. What do I remember most vividly from the episode?
2. How do I feel physically?
3. How do I feel emotionally?
4. What can I stay curious about within and about myself until the next episode?

Things to prepare/reflect on before the next episode:

Before the next episode I invite you both to create a family tree each. Start with yourself and your parents and grow the family tree as far as you have knowledge from there. Wherever possible include notes on significant events that happened to each person on the chart. This could be anything from deaths and traumatic events to significant relocations and changes in jobs and relationships, or things like poverty and strong religious beliefs. Use whatever knowledge you have.

You can find many different templates for family trees on google, or you can simply draw your own.