

Chapter 10 · Exercise

Communication in practice

Find yourself a partner to practice this with.

Brief reflection:

What is your relationship to this person?

What attitude do you bring towards them?

Is there anything that might prevent you from being fully present?

1. Close your eyes.

- Be aware of your sensations.
- Be aware of your feelings.
- Be aware of your thoughts.

2. Open your eyes and share your experience with your partner:

When I'm here with you, I notice ... [thoughts/feelings/sensations]

The point of all this is to be aware of what we are experiencing in relation to ourselves and to the other person, and to share this experience authentically.

The following phrases may help to get you started:

- *I notice...*
- *I imagine ...*

3. Ask your partner if what you imagined in relation to them matches with their own experience.

You seem ... [observations/other things]

4. Showing attentiveness is one direction, receiving attentiveness from the other person is another. Try them both out.

What is it like to be you? (from the 'I' perspective)