

Healing the Divide: Week 3 - Grounding and Somatic Awareness Pt. II

“A time to keep silence, and a time to speak.” Ecclesiastes 3:7

“Between stimulus and response there is a space. In that space is our power to choose our response.” — Viktor Frankl

Education:

What does it mean to build “neutral awareness” of our “felt sense” and why is this important for effective communication?

Each group member names the felt sense they experience when they imagine themselves in this scenario. Remember, you don't have to come with an explanation as to “WHY”.

-Someone shows up 15 minutes late to an appointment with you

-You are told that something difficult that happened to you was part of “God's plan.”

-You have to cancel on a friend at the last minute.