



BACK TO US

SEVEN SHARED PRACTICES WITH
ROOM FOR YOUR OWN AGREEMENTS.



ORIGIN

An invitation, not a test

Use these pages only when both people freely want to participate. Either person may pass, adapt or stop. Do not use the activities to force disclosure or resolve a situation involving fear, coercion or harm. They are not a substitute for professional support.

Three steps

Choose one practice. Try it in a form you both agree to. Record one thing to keep or adjust. There is no need to finish the book in order or to share everything you write.

What would make this time comfortable for each of us?

Arrive together

Each person says what kind of time is available today. Agree whether you want to talk, do something or simply sit together.

Example: We have ten minutes and little energy. Let us sit together and each name one thing from the day.

Our version of this practice
