

DYADIC EXERCISE

INSTRUCTIONS

1. Cut up each of the attached squares containing sentence stems. Place the sentence stems in an envelope.
2. Each participant takes a turn at randomly picking a slip from the envelope. P.S. Smudge before starting this exercise.
3. While holding on to an eagle feather, complete the sentence stem. You are encouraged to add to the sentence stem as much as possible. The eagle feather is intended to help you feel safe when expressing your feelings.
4. Feel free to skip any sentence stem.
5. When you're finished talking pass the feather to your partner. It is now your partner's turn to respond to what you have just shared with a paraphrase, summary or reflective statement (this statement refers to content & feelings).
6. Please note: Make sure that you are both relaxed etc. when doing this exercise.
7. After you partner has responded with a reflective statement or paraphrase you may choose to expand on the contents of the original sentence stem as you hold on to the feather.
8. When you have finished expressing yourself, your partner – with the eagle feather in his hand – again responds reflectively.
9. Once you've felt you've been heard on this particular topic, it is now your partner's turn to pick a sentence stem and expand on it.
10. Repeat steps 6-8. Continue the exercise for a maximum of half hour, than put away the sentence stems, for another day.

HOW TO RESPOND

1. You cannot attack, criticize, evaluate, judge or put down what your partner has just shared.
2. By holding the eagle feather, you have made a commitment to respond with a listening response such as summarizing what your partner has shared with you, or reflecting the feelings underlying what your partner has shared.
3. You cannot bring up any information shared in this session once the session is over. In other words don't hold a grudge because of your partner's honesty about his/her feelings.
4. After you've completed your reflective listening response ~~or~~ summarizing response, it is now your turn to pick a slip of paper from the envelope and share your feelings/thoughts. Hold on to the eagle feather while sharing your feelings and when finished, pass the eagle feather to your partner. It is now his/her turn to acknowledge what you have just shared.
5. Continue this back and forth process for as long as you wish to. Repeat at least once to twice a week over the month period.

EXAMPLE OF REFLECTIVE LISTENING

Partner A (Sharing feelings/thoughts)

Sentence Stem

"I get very upset when you promise to spend the weekend with me and you end taking off for the whole weekend and not showing up till late Sunday evening. In fact I was so angry when you did this last month, that I wanted to pack up and leave you.

Reflective Listening Response

Partner B

"So you were feeling quite angry last month, to the point that you wanted to end our relationship because I walked out on you. You must have felt quite hurt. Is that what you're saying?"

FAMILY

<p>I don't like it when.....</p>	<p>I love.....</p>
<p>I hate it when.....</p>	<p>I get upset when.....</p>
<p>The time I felt very angry was when.....</p>	<p>What I like about school is.....</p>

<p>If I won a million dollars I would....</p>	<p>My dream vacation is.....</p>
<p>My favorite vacation memory is when.....</p>	<p>A person I admire is _____ because.....</p>
<p>What I like most about my family is.....</p>	<p>What I don't like about my family is.....</p>

What I hate about school is.....

When I grow up, I would like to.....

Love is.....

I feel joyful/happy when.....

My favorite time of the year is.....

Some of the activities I enjoy doing
are.....

<p>Someday I would like to.....</p>	<p>When I see mom and dad fight and argue I feel.....</p>
<p>When I see mom and dad lovingly cuddle up to each other I feel.....</p>	<p>I hope that.....</p>
<p>Summer is special because.....</p>	<p>Winter is special because.....</p>

Fall is special because.....

When I grow up the kind of family I would like to have is.....

Kokums and Mosums are special because.....

My favorite food is.....