

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?"

COUPLES ONLY

<p>A PATTERN I SEE IN OUR RELATIONSHIP IS....</p>	<p>WHAT I LIKE MOST ABOUT YOUR BODY IS....</p>
<p>WHAT I LIKE LEAST ABOUT MY BODY IS....</p>	<p>WHEN WE MAKE LOVE, I LIKE IT WHEN YOU....</p>
<p>I FEEL JEALOUS WHEN....</p>	<p>IN FIVE YEARS I SEE US....</p>
<p>I WOULD LIKE OUR RELATIONSHIP TO BECOME MORE...</p>	<p>THE THING I VALUE MOST ABOUT OUR RELATIONSHIP IS....</p>

<p>WHEN WE GIVE EACH OTHER THE SILENT TREATMENT I FEEL....</p>	<p>I WAS VERY ANGRY WITH YOU WHEN....</p>
<p>I FEEL DEFENSIVE WHEN YOU....</p>	<p>A HABIT OF YOURS THAT BOTHERS ME IS WHEN YOU....</p>
<p>WHEN WE FIGHT....</p>	<p>ONE THING I HAVE ALWAYS WANTED TO TALK ABOUT IS....</p>
<p>THE THINGS THAT HOLD US TOGETHER ARE....</p>	<p>AN IMPORTANT ISSUE BETWEEN US RIGHT NOW IS....</p>

**I LIKE IT
WHEN YOU....**

**I GET ANNOYED
WHEN YOU....**

**SOMETHING THAT
I DISLIKE ABOUT
YOU THAT WE
SELDOM TALK
ABOUT IS**

**ONE THING I
REGRET HAVING
DONE IS....**

**I DO NOT LIKE
IT WHEN YOU....**

**A FREQUENT
FANTASY I HAVE
ABOUT YOU IS....**

**WHEN I CAN'T
EXPRESS
SOMETHING
TO YOU, I....**

**I HAVE THE MOST
FUN WITH YOU
WHEN....**

**THE NEEDS
YOU SATISFY
IN ME ARE....**

**SOME OF MY
NEEDS THAT ARE
NOT BEING
SATISFIED
ARE....**

**ONE OF YOUR
GREAT ASSESTS
IS....**

**I WAS PROUD
OF YOU WHEN....**

**SOMETHING YOU
HAVE HELPED ME
TO LEARN ABOUT
MYSELF IS....**

**IF I COULD
MAKE YOU OVER
I WOULD NEVER
CHANGE....**

**YOU ARE MOST
HELPFUL
WHEN....**

**I AM MOST
SUSPICIOUS OF
YOU WHEN....**

<p>DOING THIS SHARING EXERCISE IS....</p>	<p>IT HURTS ME WHEN YOU....</p>
<p>WHEN I HURT YOU, I....</p>	<p>I THINK YOU ARE UNFAIR WHEN....</p>
<p>SOMETHING I HAVE ALWAYS WONDERED ABOUT IS....</p>	<p>I NEED YOU MOST WHEN....</p>
<p>I TEND NOT TO TELL YOU ABOUT....</p>	<p>I GET DISCOURAGED/ FRUSTRATED WHEN....</p>

**THE KIND
OF RELATIONSHIP
WE HAVE IS....**

**ONE WAY IN
WHICH WE ARE
DIFFERENT IS....**

**ONE WAY IN
WHICH WE ARE
ALIKE IS....**

**IF OUR RELATION-
SHIP WERE A
FILM, IT WOULD
BE CALLED....**

**A PEAK IN OUR
RELATIONSHIP
WAS....**

**ONE ADJECTIVE
TO DESCRIBE
OUR
RELATIONSHIP
WOULD BE....**

**I FIND YOUR
FRIENDS TO BE....**

**ONE OF THE
MOST FUN THINGS
WE EVER DID
WAS....**