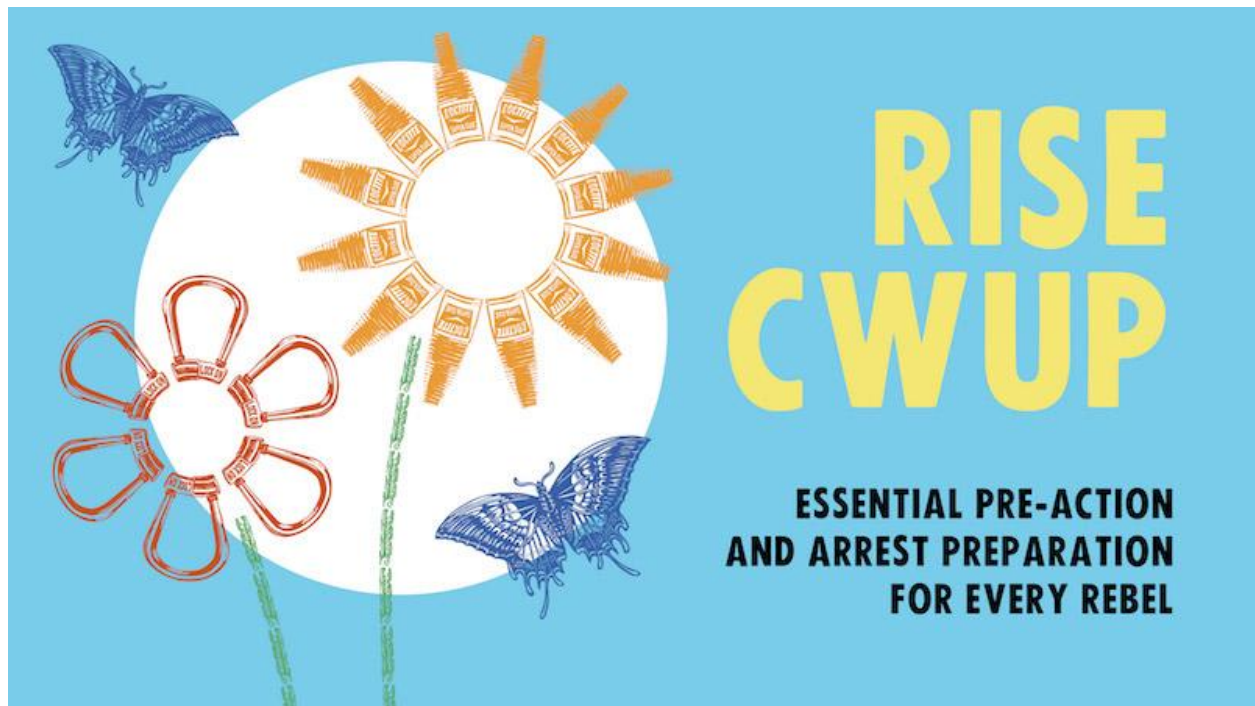




Who should read this Guide?

All Rebels those who are thinking of putting themselves at risk of Arrest. Action Planners and XR organisers who are planning actions with any risk of arrest. XR rebels who are supporting others who may be at risk of arrest

Links to This Guide

Please be aware that a link to this training link is shared outside the group. The url and location of this guide should therefore be maintained. When updating please **copy** this document and **move the copied version** to work on it in the '**works in progress folder**' When complete and agreed then **copy the new content into this location over the current content so that the link does not change**

Last Reviewed: Jan 2021

Folder Location: Arrest Welfare>Training > Pre-Action.

RISE CWUP - Pre-Action and Arrest Preparation

Emotional and practical preparation for action and arrest

Key Links

tinyurl.com/risecwup - Quick link to this document

tinyurl.com/risecwup2sider - This condensed version can be printed on 1 sheet of A4. Please print copies and share with your fellow rebels during the rebellion.

tinyurl.com/risecwupscript - Suggested outline for how to run a Pre-Action and Arrest Training

tinyurl.com/risecwupslides - Training slides for in person groups

This document has been produced by the Arrestee Support team, if you have any comments or suggestions please contact us on xr-arrestwelfare@protonmail.com with the subject "RISECWUP"

What's the purpose of this Resource?

This resource can be used either as a guide to support the facilitation of pre-arrest preparation training or discussions with XR rebels, or as part of an individual's personal preparation before an action. It does not provide definitive answers to the questions posed but is aimed at addressing the issues that should be considered by individual rebels and groups before arrests. It may also

Links to This Guide

Please be aware that a link to this guide is included in the Arrest Support Infographic. The location of this guide must not be changed without also changing this link. The Arrest Support Infographic links to other Arrest support resources - please see this link -

Date Last Reviewed: 12-01-2021

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RISE CWUP - Pronounced Rise Cwup - definition - a supportive container for resilient rebellion

Rationale for this guide

Rebellion requires sacrifice. An act of shedding the norms of a destructive and violent system and stepping in to our vision of a compassionate and healthy future. Sacrifice comes from the latin root sacra and facere i.e. 'to make sacred'.

Being arrested in XR is a fine balance between personal and collective responsibility. We must make the decision free from coercion, looking at our own personal values and rationales. Spend some time alone in nature contemplating your decision. We recommend then going through the questions below with a Buddy, Anchor or members of your affinity group. Develop a support network for yourself and for your fellow rebels - the Arrestee Support team can help with this.

Whether it's for an action, organising your local group, or any other role for the rebellion...if you can hold your values and motivations on one hand, and the challenges/impacts on the other, supported by our community, then you are carrying out a sacred act for the earth. Through connection to nature, community and our own values (as well as reading the [legal briefing](#)) we can develop the resilience to support ourselves through any challenges and adversities we may face.

This document is the product of reflecting and learning on the action and arrest process to date. It holds a process you can go through to help in that journey.

External Links

- Brief Pre-Action Legal Infographic (pg 2 and 3 of this [document](#)) ← A summary and must read guide of the legal information and preparation before an action
- For info about Anchors, Buddies and ways in which you can use the following preparation guide please go here → [Pre-Action Check- in for Buddies and Anchors](#)
- **Legal briefings** from website <https://rebellion.earth/act-now/resources/legal-info/> ← check out the legal FAQs and other briefings. It is your responsibility to get clued up, once you've digested this and still have questions, speak to your solicitor or contact the legal support team on xr-legal@riseup.net
- <https://www.facebook.com/XRLegalSupport/> - links of arrestee support trainings

How to use this guide

It's up to you how you use these questions. However it is every affinity group and local group's responsibility to encourage rebels to engage with these questions one way or another.

- One-on-one conversation over one or several occasions with a buddy or anchor ([see here for more info and skills](#))
- A group facilitated process going through the whole thing
- A workshop planting the seeds and ideas for your affinity group
- The concerns/fears could be repeated as a talking circle a few days before the action.
 - [Hope and fear circle template](#)

Importantly this should be done as early as possible as the Support and Preparation stages may require further training and readings. For example, setting up a local Crowdfund Justice Fund or Arrestee Support team.

We will be running RISE CWUP train the facilitator sessions, the format of which is written up [here](#).

Topics to explore if you are considering Arrest

Part of XR's theory of change is to have large numbers of arrests. We want to highlight the inadequacy of a system that seeks to incriminate those who dedicate themselves to reducing the rate of loss of biodiversity and human suffering caused by this man-made climate catastrophe.

We thank all those engaging in this rebellion for the earth and all life inhabiting it, we thank all those who make sacrifices be that arrest or other equally valuable contributions.

As a movement that encourages arrest it is also our collective responsibility to highlight the negative impacts of being arrested and support each other through it.

Being arrested involves a whole host of uncertainties, you can never fully predict the legal consequences and the implications it will have on your personal and professional life. It is your responsibility to engage with these and ensure you have the appropriate support structures in place to help you.

Exploring the impact is not intended to deter you from being arrested - being aware allows us to make a more informed decision about being arrested, and we can start preparing in advance for the consequences.

Furthermore ensure that you make the decision free from coercion. Sink deep into your values and explore the consequences and make an informed decision. In the future, if you experience emotional difficulty, your connection with our values and the assurance that you did the right thing can be a source of resilience and wellbeing.

Key Pre-arrest areas of exploration

“I have chosen to be arrested for these reasons...”

I am aware of the uncertainty that surrounds arrest and I have explored many of the likely consequences.

I believe that the benefits of being arrested for the movement outweigh the impact to my life.

To prepare myself for the negative effects I have done the following...”

RISE CWUP

Is a mnemonic which stands for

Reasons

Impact,

Support,

Embed,

Concerns

Wellbeing

Uncertainty,

Preparation

Reasons + Motivations + Values

It is important to connect often with the reasons why we are doing what we are doing. These are questions we can return to often, when planning an action, when we are feeling despondent or facing a challenge within our local/affinity/national group, just before an action.

Questions to explore:

- Why have you joined Extinction Rebellion?
- What are your deep values that have led you to campaign with Extinction Rebellion?
- What do you love about life and nature!? What parts of humanity and the ecosystem that lives and breathes us are you most connected to and hold in your heart? Who are you doing this for? What is it you love about the world that you are sad to be losing?
- Would you consider being arrested for your beliefs and convictions?
- What is your understanding of how arrests will lead to the changes we want to see?

I.e. what is your understanding of the theory of change that means being arrested will help lead us to a more beautiful world?

It is good to test our reasons and to find ways we know we can return

- **What are the best counter arguments to being engaged in non-violent direct action/civil disobedience you can think of?** What are the best arguments against getting arrested? What would your biggest critics, your family, friends, work colleagues, average bigoted know-it-all smart-arses say to you? ... and what is your response to that?

*(This is to give us clarity that **we are acting from our truth and not coerced.***

Furthermore, withstanding criticism can give us resilience and strength when doubt and insecurity seep in. As we make actions to step in to a compassionate and connected future, the niggling voices of the old culture we are leaving behind have a tendency to get amplified and won't leave without a fight! Prepare yourself for this, if

you can learn to recognise those voices they will be less likely to dominate you in the future.)

Practice

- **Do you have a grounding practice?** A way to connect you quickly and easily to your deepest motivations and values, when the self-doubt slips in it is useful to have a fast track to this place of clarity. See Appendix 2 for suggestions.

Impact

It is important to consider the impact our actions will have. The positive impact and the negative impact. This way we can act with our eyes open grounded in reflection and preparation.

Question to consider

- What effect do you think your actions will have combined with all other XR actions?
- What specific action (with a specific intention and outcome) are you willing to be arrested for? **Remembering, that with any action there comes a risk of arrest. You won't necessarily be able to exercise a choice.**
- Have you thought about the consequences of being arrested for this particular action?
 - e.g. the likely charges as well as the unlikely worst case scenario charges. [This website](#) might be useful
- How might this action evolve into a situation that you no longer feel comfortable participating?
- How will you check in with each other to see if this is the case?
- What are the likely consequences of your arrest, including charges (page 11 and 12 of [legal briefing](#) for more info, fines, time in court? What are the worst case scenarios - how likely or unlikely are they?
- Have you thought about the impact your journey through the criminal justice system will have on your life? Including your career, relationships, finances, insurance, travel outside the UK, and potential impacts on right to stay/ UK visa applications if you are a non UK national. etc.
- How will your arrest impact friends, family and dependants?
- Consider these post arrest scenarios. They are more relevant to some actions/people than others, but are worth considering. What attitudes would you like to bring to these, what more support might you need and how would you go about getting it?
 - Your name, date of birth and town have been released by the police after charging you as a result you experience:
 - Cyber bullying - Social media - delete it all!!!
 - Media arriving at home of themselves and their families (contact the media team on press@risingup.org.uk

- Media writing articles about you and your family calling you middle class hypocrites posting photos of you on holiday from facebook saying 'they go flying whilst stopping hardworking families from flying'
- Family member calling up to state they disagree?
- MENTAL HEALTH - Do you have any pre-existing mental health conditions that may be triggered by these processes? Who is equipped to support you through this? Please ensure you take your medication to the action with you. And you have enough for 24 hours, as you can be held for 24 hours after arrest.

Support

We can consider what support we'll need, what support we have and what we might be able to do to fill in any of the gaps

Questions to consider

- What existing support networks do you have and how well are you connected to them?
- Have you identified an anchor, affinity group, local group?
- What do your friends and family think of your decision?
- Have you told your family that you are planning to be arrested? It can be useful to let them know in advance so that they can prepare themselves and you don't have to worry as much about their reaction after you've been arrested.
- If you are [under 18](#), then you are allowed to have a responsible adult with you in your interview, it is useful to think about who this might be in advance and give them forewarning.

Embed - comes at the end

This actually comes last, so we can return to it.

Concerns / Foresight / Fears

Concerns and fears are natural. We are stepping into uncertain territory. To consciously bring them into our awareness can allow us to see them more clearly and to see whether our reasons and motivations outweigh our fears.

- What are you most afraid of? (regarding the action, the arrest process or afterwards)

- Do you have a trait that may disadvantage you on protest and in the 'criminal justice' system (e.g. disability, ethnicity, gender) - do you need any support? ***"Do you have concerns that you have any traits that may impact your experience at an action or during arrest?"*** How can you best prepare for the experience?
- Have you considered the **existence of institutional/structural racism and prejudice that exists** in the police force and society, sadly including in ourselves and XR) that structurally disadvantage people with particular traits (including within XR)?
NB: we do not blame or shame anyone for being born into a society where racism and prejudice are cultivated. It is simply the truth of our times. So let's start a conversation about this, stop denying it the same way we denied climate change for so many years. Let's become aware and support each other to overcome these prejudices and make a beautiful world that is inclusive and co-created by us all.

Wellbeing

We are preparing to sacrifice in various ways but we can do so in a way where we cultivate well-being. Let's not burn ourselves out!

Questions to consider

- What does 'doing well' look and feel like for you?
- What does 'doing badly' look and feel like for you?
- Are there any danger signs that indicate you might be burnt out (e.g. irritability, avoidance, turning to drink, fatigue, poor concentration, abnormal decision making)?
- What might be helpful for others to offer you if they recognise you are in a troubled state?
- What support might you call upon to help you? (people, ideas, practices)
- What sustains you? What drains you? (could be related to during an action or outside of an action depending on the context of the conversation)
- What could your buddy/anchor do to support you?
- What do you do to ground yourself?
- What do you do to connect to your deepest values?

Uncertainty

The only thing we can reliably predict is unpredictability. We can try befriend uncertainty and prepare the best we can for the unknowns that await.

- Have you considered your willingness to risk arrest in the various situations that could arise ? What situations would you consider being arrested in? Vision some scenarios that are beyond your willingness to be arrested and others that fit within it. Remember to expect the unexpected, even with the best will in the world you don't know how it will unfold.
- Actions morph and change from the original plan. Police attitudes and responses to actions are also unpredictable. It is important to be clear with yourself what you are prepared to do and where your boundaries lie. What specific actions are you willing to be arrested for? What are you not willing to be arrested for?
- Have you sat with the uncertainty...the deep uncertainty surrounding
 - a) the duration of the court process
 - b) charges that may be incurred ranging from prison sentences
 - c) impact to yourself and family
 - d) your ability and need to work
- Do you have a grounding practice or process to help connect you to your values, reasons and motivations when uncertainty and doubt start to creep in? *See Appendix 2 for a suggested practice*

Preparation

Creating a garden bridge = fun/exciting/exhilarating. Reading a legal briefing: less so. But preparation is so important will we want to take care of ourselves and others throughout our rebellion.

Personal Legal Preparation

(everyone in local and affinity group should do these regardless of whether they plan to be arrested or not)

*[*BEFORE WE JUMP IN: there is a lot of reading here...if you have learning differences/disability or visual impairment then please reach out to someone in your arrestee support team or affinity group to assist you. Remember that during arrest you may be eligible for extra support from an appropriate adult]*

Have you...

- ...read the [XR legal briefing](#)? Our website has loads of great info from strategy to self representation advice
<https://rebellion.earth/act-now/resources/legal-info/>

- ...attended a **Know Your Rights** training? They are advertised on the basecamp landing page on a regular basis. Read the GBC [know your rights booklet here](#)
- Attended the **NVDA training** and feel familiar with the **Witnessing an Arrest process**
- ...familiarised yourself with the [arrest process](#)? → going in to a cell in a police station is challenging at the best of times, familiarising yourself can help to reduce the emotional impact manageable
- ...familiarised yourself with the [post-charge legal process](#)? → this simple guide can help to clear up a lot of questions that come up time and time again and have caused much unnecessary stress and anxiety for defendants
- Have you cleaned up your **cyber footprint**?
- Are you prepared for the **financial implications** - [useful guide from the legal team here](#)?

Arrest Process

- Familiarise yourself with the arrest process - a description is found on [the Green and Black Cross website](#)

Action and Logistics Preparation

have your affinity/action group...

- ...printed / got [bust cards](#)?
- ...**contacted the legal team** to inform them of your local action?
- ...put a call out for trained **legal observers**? (contact xr-legal@riseup.net)
- Keep some cash on you at all times! We do not know how far the police will take people (to a police station), we cannot guarantee police station support and it may be a long journey back to where you are staying

Basic training

- Have you attended the NVDA training?

Letting people know

- If you are **under 18** we strongly advise you tell your family about your intention to be arrested. Even if you are **over 18** we strongly advise that you tell your family about your intention to be arrested - it can be a great shock to family, especially if they hear the news from someone else. It may be difficult to broach the subject but it can be worthwhile

"Suggest telling family and friends in advance even if they do not agree, it can be quite traumatic to be told suddenly that your child is in a cell." Rebel D

Arrest Support team

- Does your affinity group have an **Arrestee Support Coordinator**? Have you connected with your local arrestee support team? For training and support contact xr-arrestwelfare@protonmail.com
- **Police station Support** - Have you arranged for someone to track your arrest and meet you at the police station afterwards?
- Attended **Arrest Support Trainings** to equip you with a team to provide Ongoing Support for Arrestees including Court Support, and how to link up with local teams (e.g. in London) to help with accommodation, local court support teams and travel costs
- Set up a [Local Crowd Justice Fund](#) - guidance here - to support each other to pay for solicitor and court fees (not fines)

'I had a police station supporter and it was amazing and nourishing' Rebel S

'I had a police station supporter and they were overwhelming! Rebel Y

'I didn't have a police station supporter and i felt disappointed, alienated and alone...now I want to make sure that no one goes without getting a PSS. I wish that I had self-organised my own police station support Rebel A

Embed

Ok, now it's time...

- Go back to your reasons and motivations, drop in to the destruction of human and non-human life that is being perpetrated and will continue to carry on if we do not act to stop it. Then think about all of the consequences that will unfold, all the social isolation, aggression and financial costs that might unfold, the court hearings, media coverage etc. What does your life look like as someone who has made the decision to rebel for the earth?
- Through all the stress and difficulties that may come how will you connect to the reasons and motivations, i.e. do you have a grounding technique, spiritual practice. Please please please start practising it.

Appendix 1 - Legal Documents and information

- Guide to the arrest process
<https://greenandblackcross.org/guides/what-happens-if-im-arrested/>
- Guide to the post-charge legal process
<https://greenandblackcross.org/guides/the-post-charge-legal-process/>
 - In particular the prosecution process
<https://greenandblackcross.org/guides/the-post-charge-legal-process/2-the-prosecution-process/>
- Summarised Journey through the 'Criminal Justice' System

- A Defendant's Guide to Pleading Guilty or Not Guilty - <https://informeddissent.info/defendantguidesguiltyornot>
- A Defendant's Guide to Court Finances <https://informeddissent.info/court-finances>
- Legal briefings <https://informeddissent.info/legalbriefing>

Appendix 2 - Grounding Exercise

These are just suggestions, try the ones that work for you, be gentle and kind to yourself, there will be many meditators at the rebellion that would be able to help!

- Noticing the contact of your feet on the ground, your bum on the ground/a chair
- Noticing the air against your skin
- Notice any sensations in your body, warm, cold, tingling, numbness, tension, ease. You might want to "scan" the body from the toes to the head, noticing each part of the body in turn.
- Notice the sensation of breathing in your body, the breath flowing in and out, feeling the breath as movement in your abdomen or chest, gently returning awareness here as often as you need to. You might like to put your hands on your abdomen or chest and feel them rise and fall.
- While noticing the breath, feel a connection with the trees and plants all around that have created the oxygen you are breathing
- While noticing the breath, feel a connection with other living beings (human or otherwise) who are also breathing at this moment
- While walking slowly, notice the contact of your feet with the ground, feel the connection between your foot and the ground with each step. Keep bringing your attention to your feet and the contact with the ground.

Grounding exercise example

- Think of a safe green space that you know well or remember fondly, as you feel your feet and body connected to the ground, feel yourself touching that place, take a few deep breaths and as you breathe out feel yourself relaxing in to the ground and feel that the earth is supporting/cradling/ holding you.
- As you breathe in and out know that each inbreath is a gift from the trees and green plants in this safe place, and as you breathe out you return nutrients and gifts back to the world. Each breath you are intricately supported and supporting the web of life
- Imagine your loved ones, family, friends, children, broaden out an imagine the different people of the world all content and satisfied living harmoniously in this safe green space.
- Take time to enrich this space with the values and motivations that you hold to be true.

- Investing in this activity now means that in the future a simple grounding practice of feeling your feet on the floor and taking a few deep breaths can help return you to the truth from which your actions have grown, that gives you a feeling of calm clarity.

Appendix 3: Structural Prejudice and Racism during Arrest, in Actions and our movement

When thinking about an action we have to think carefully about the risk of being arrested and the consequences of it. Unfortunately we live in a society where people are not treated equally, whether it is due to disability, sexual orientation or gender, ethnicity or other aspects of people's identities.

One well documented example is Institutional racism.

Whenever we talk about arrest in XR, we need to acknowledge that it is taking place in the context of structural racism and white privilege. In 2018 a panel of UN experts confirmed that people of African descent and other minorities in the UK are subject to over-policing and criminalisation, based in structural racism. There are more resources and information in the resource pack we will email you after the training

As the structures and institutions of society have racism built into them, it therefore unconsciously becomes a part of how we think and behave. That means these prejudices start to get replicated through our actions and in our movement.

We are all responsible for dismantling this, starting with educating ourselves. We encourage every person attending this training to research and explore this subject themselves and to ensure that in discussions around arrest in XR that we always acknowledge that structural racism and white privilege exists, as well as other prejudices.

The lack of awareness in this area has alienated people and drawn valid criticism of XR. There is a training about Oppression which is available via local groups, and many excellent books available.

We are not trying to deter people from taking action, far from it - climate breakdown affects everyone and we encourage everyone to take the action that they feel is necessary to create the changes needed in society. However we have a responsibility to create a culture where we engage in action with full awareness of the risks involved.

Though being arrested is a key part of our strategy it is not the only way to engage in XR, there are loads of other roles at actions and other support roles, from integration, training, arrestee support, arts and performance.

Appendix 4 - What are Buddies and Anchors?

Why have a Buddy or an Anchor?

These are individuals who you might develop a trusting relationship with. Checking-in with your emotional and physical state is often easier when encouraged or supported by another person or a group. This is especially important when we are on an action and likely feeling stressed, sleep deprived, high energy/adrenaline infused, passionate, distraught, manic...

Looking at evidence from your own life, or looking at neuropsychology/biology, when in these heightened states of stress we can often neglect our own wellbeing. A good check-in with a buddy or anchor can help us reach a wiser place within ourselves. Furthermore if we have explored common habits before entering the action we are more likely to be able to identify them and address them more wisely.

For example many people reported staying awake for between 24 and 48 hours at multiple times. (e.g. mentally - being so fatigued they started making irrational decisions affecting themselves and their AG, physically - requiring longer recovery time once they finally did rest, possibly feeling more unwell, emotionally - more likely to be stressed, irritable and angry) Exploring why that was, what beliefs and thoughts allowed them to make that decision, what was the long term impact of that on themselves and others. Exploring this with a buddy/anchor/AG before an action and then checking in with each other during the action makes it more likely that you will recognise this behaviour early and respond differently when the triggers arise.

Buddy vs Anchor?

Many people had Buddies at actions and that worked really well...

- ...up to the point where your buddy got arrested

- ... or was tired and burnt out (Camping blockades are no walk in the park! They are camps on concrete in cities!)

- ... or had to leave the action sooner than you had planned...

- ...or you didn't have a buddy.

And after rebellion?

When you and your affinity group just wanted to curl up in a ball and sleep but felt the pressure to keep organising and processing,

who had the energy to get you to stop and rest?

to keep you connected to all those things that regenerate you?

To welcome you home?

Check-in with you?

Hear your stories, debrief and help you explore the emotional depths of what was unravelling?

An Anchor is a point of stability during the tumult of an action, they are able to conserve their energy during an action in order to connect us to those things that nourish us that we may all too easily forget during the energy of action.

They might be someone that can't come to the action, or engage in a different way to the rest of the AG. The benefit of not being directly involved in the same scenarios means they can offer a listening ear that is more likely to be objective, receptive, kind and non-judgmental.

You could have **personal anchors** and **affinity group anchors**. Your personal anchor might also be supporting the affinity group as a whole or they could be someone separate from that group.

AG Anchors

During an action - might maintain contact with the affinity group, check in with the group, provide logistical support (directions, food drops, accommodation, internal and external comms), police station support coordination, and provide a point of relative emotional stability for anyone that needs it etc.

After an action - organise welcoming home, spaces for nourishment (food, massage, dance, reconnection to nature), space for story telling, debrief and emotional processing.

Personal Anchors

Same as above but they might only be present for you, they may not be part of XR, or your affinity group, they could be a longstanding friend or family member. Just like choosing a buddy, try and find someone that you trust to understand your motivations and value systems.

Someone that will listen to you with a supportive, kind and non-judgmental ear and where appropriate challenge and push you to a deeper understanding of yourself.

Appendix 6 - Pre-Action check in with buddy/anchor or affinity group - listening skills and process

Sometime before any action it might be beneficial to check in with your Buddy or Anchor and connect to yourself and to each other, creating a safe space to explore your motivations, expectations, thoughts, hopes, doubts and fears.

In this section we share some suggestions of speaking and listening skills you can use to support such an activity as well as some questions you could explore together.

This is particularly important if someone is making the decision to be arrestable and we strongly advise that anyone planning to be arrested explores those questions.

Doing such an activity before an action has many benefits

- Allows you to get to a space of emotional safety and connection more quickly
- Anticipates challenging experiences so that you aren't surprised by them and more able to deal with them with wisdom
- Connecting you to your deeper values and reasons why you are doing an action gives us more resilience when things don't go as we planned
- Makes it easier to check-in with each other during an action - to identify our current state, needs and address them
- Explore your boundaries for engaging in an action

Deepening your connection to your anchor and to yourself!

Our suggestion given feedback from rebellion week, is that an anchor/buddy works best the more time you invest in **deepening your check-ins/emotional debriefs**. It is useful to spend time outside of rebellion connecting and exploring important issues for wellbeing and resilience so that it is easier to recall them during times of heightened stress.

Having a facilitated session

The skills here may be intuitive and familiar to some and less so for others. Either way it can be useful to practice these skills in a facilitated session. Some of these are run online through XR or may be run through your local group.

Many therapists, counsellors and co-counsellors are offering their support to XR. To see if there is anyone near you who could help, send an email to XR-TESN@protonmail.com (TESN = Trained Emotional Support Network).

Group vs 1:1 session

You could meet up one to one, or meet up with a larger group. After doing the pair work you can move to the larger group and share some of the insights you gained.

Stating an intention for your listening and speaking

We aren't trying to teach you to suck eggs here, we've found the following advice useful so thought others might be in a similar situation. Our dominant culture has cultivated many unhealthy and often oppressive forms of communication that lead to us blocking or skimming around the surface of our emotions.

So before plunging into the conversation take a few minutes together to breathe deeply and share with each other the particular qualities you wish to bring to your communication.

Here are some basic tips. If you are asking the questions/listening:

- Use **Active Listening** - avoid fixing, self referential or blocking language
- Get **comfortable with silence** before feeling the need to respond
 - Deep breathing before and after you've spoken can be useful
- Use a talking stick - and stick to it!
 - *A talking stick helps allow full expression without unsolicited interruptions*
- Feel free to **ask the same question a few times** if you think your partner can go deeper
 - *E.g. what fears or concerns do you have for this coming action/the future? Let your partner respond, then after a healthy pause, invite them to close their eyes take a few deep breaths and then ask the same question again to see if there is anything else emerging*
- Have an allotted amount of time and state the purpose of the session
 - Purpose - is it an equal exploratory process? Or mainly geared towards supporting one individual? Is it to do with preparing for a particular action or event?
 - Time - evenly split? Agreement on time checks, 30 mins each? Or swapping every few questions?