



A REFLECTION SHEET

Who Is Standing Where

A companion to "Do You Share Too Much With the People in Your Life?"

This is a reflection sheet rather than a worksheet — there is nothing here to score and no right arrangement to arrive at. The circles are a way of noticing something you are already doing, mostly without deciding to. Take whichever question opens something and leave the rest.

A Practice to Begin

Sit with the diagram for a few minutes before you think about anyone in particular. Let your attention rest at the center first — the circle that holds all of you, body, mind, emotions and spirit — and notice what rises when you look at it. Recognition, perhaps. Or an ache, if that circle is empty or has someone in it who no longer belongs there. Do not fix anything yet. Then let the people in your life arrive on their own, without sorting them, and simply watch where each one seems to stand.

Reflection Questions

1. Who is at the center right now? Not who should be — who is.
2. Think of the last time you told someone something large. Which circle were they standing in, and which circle was the telling meant for?
3. Where in your life do you find yourself talking at someone rather than with them? What are you hoping will happen when you do?
4. Is there someone you have placed closer than they have placed you? What has that cost, and who has been paying?
5. Is there someone in an outer ring who has earned a move inward, and simply never been invited?
6. What is the thing you have not said to the person at your center — and what has kept it unsaid?

An Invitation for the Week

Before you share something that matters this week, pause for the length of one breath and ask where the person in front of you is standing. That is all. You are not deciding whether to speak — only noticing, beforehand rather than afterwards, what you are about to hand over and to whom. Some weeks the noticing changes nothing you say. It still changes the saying.

“The whole self does not travel outward. It stops at the center.”

Peace and every good. · spiritofeq.com