COMPANION GROUPS: REFLECTION AND FEEDBACK

Time 60 minutes
Posters Prompt: *"Where do you sense Transforming Power in it?"*
Materials journals and pens

Steps To be inwardly guided by Transforming Power, we must stop and respond to external feedback in order to prevent acting out of our distresses, egotism, or fanaticism.

- **Form groups of three.** Bring your journal with you. **Find a place to sit** facing one another, away from other groups but within hearing distance of the facilitator.
- **Please, do not talk back and forth in conversation** during this exercise. Try to follow the instructions.
- **Decide which practitioner will go first, second, and third.** The others will practice being good companions.
- **Each practitioner practices asking for reflection and feedback:**
  - **Share your statement**.
  - **Ask the companions to "reflect back."** Listen to the companions reflect back your words. If that's enough, stop here, or ask for feedback.
  - If asking for feedback, repeat your statement.
  - **Companions respond to**, *"Where do you sense Transforming Power in it?"* Not whether you like, agree with, or even understand it, but only does it ring true in the practitioner?
    i. **If so, say so** for the whole statement or the portion.
    ii. **If not, say so** and give the practitioner a moment to respond.
  - **Record all or the parts affirmed**.
  - **Ask if it rings true for anyone else in the group.** If so, record their names also.
- **Debriefing**
  - **Recall the exercise briefly:** we …
  - **In triads**, take 2-3 minutes each person to speak about: *What did it feel like to do that and what I learned?*
  - **In the whole group,** ask: *How might this change us as a people or a culture?* You may share insights from the small groups that are important for everyone. Take 2-3 key ideas.

Facilitator Tips to better adapt, respond to questions or needs, or avoid pitfalls.

- **Facilitators should pair** with anyone who appears to feel uncomfortable with others or left out.

Variations Be open to cultural variations and adaptations for various people, groups, or settings.

- **Make notes of variations here**:

Daily Practices Commit to a practice – for a few days or weeks – until it feels natural or becomes a habit. Record results of experimenting with being guided by Transforming Power in a journal.

- See Companion Groups: Ongoing for instructions on how to start a regular Companion Group meeting.

Justice & Peace Applications Learn from experiences of applying this in justice and peace work.

- **Add your own stories here**: