

Two Rivers Touch-Stone

Adapted by Robin Bebo-Long

Purpose

To reflect on our emotional responses and check in with our power for change.

Time 10-20 minutes

Process

- 1) Think carefully about the last day or week. Methodically go through that time period in your mind and on sticky notes, put down all the emotions you experienced (one per sticky). You may want to add a word to the corner of the note so that you can remember what event matched that emotion.
- 2) Sort your notes according to positive, negative, and neutral feelings. Understand that this is subjective. Sometimes anger or frustration can be positive.
- 3) Remove all notes that were outside of your zone of influence.
- 4) Carefully consider what is left. Consider the answers to the following questions (these do not need to be answered out loud, the facilitator should pause for at least a minute between each question) What was the catalyst for your positive experiences? What did you notice about that moment?

Do you notice any trends? If you changed one thing how would it affect others?
If you had to make one change, what actionable steps would you take?

Debrief

What did you notice about this process?

How does the process allow for reflection on our power to change?