

May 2013 - Austin Love Juggernaut Community

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We cannot create relationships without trust. We cannot trust without honesty. When we hold truths back from those we love, we damage ourselves and the relationship. But if we communicate while holding a fear of causing pain or being rejected, these truths often come out as painful or destructive. This week we'll explore ways to communicate that express our needs and fears in relationships, allow us to practice honesty even when it feels difficult, identify the reasons why we hold ourselves back from love, and let us hold the boundary of what we really do or don't want with another person.

- identifying the fears keeping us from communicating
- Truth about what you want, don't want, what your boundaries are, what you need
- Responding to the other person's wants, needs, etc.
- Acknowledging impact

INTENTION: Agreements are in service of offering a safe container and giving y'all the permission to do what you need to do to keep it safe. You are actively involved in creating safety and feeling safe yourself.

Respect yourself - include the ability to opt out of a game

Lean into your edge - be honest, allow negative shares

Check your Assumptions - make physical touch explicit. The more you take care of yourself, the safer I feel to interact with you

SARA

INTENTION: Can trust someone else more if their boundaries are firm, and having firm boundaries requires the ability to say "no"

Saying "No" game - you have to say no to whatever someone else offers - DALE

1 min each person

7:30

INTENTION: Help create group cohesion in service of allowing people to build trust in connection with each individual member of the group

Presence - Time for 45 seconds, namaste is the default but if you feel super connected and really want to acknowledge that you can offer an intimacy, and give the other person an opportunity to accept that or give a namaste

CHRISTINE

Sara sits out

8:00

INTENTION: To help you get in touch with where you are at now in relationship and what

you want out of a relationship. Playing Gauntlet allows you to do this with a short time frame - so you have to be concise, which often leads to greater truth - and with a single partner, providing more privacy for you to go deep.

Gauntlet

- The status of my heart is
- What I really want you to get about me is
- I would be an awesome partner because
- The relationship I want with a partner looks like
- The relationship I want with my parents looks like
- I imagine a relationship with you would be like

2 min each - 8:15

SARA

Christine sits out

INTENTION: To help you get in touch with where you are at now in relationship, what has led to this state, what you need, and what you fear.

Anybody Else stem completion

- My biggest fear in relationship is
- When I was young, I tried to get love by
- My parents showed each other love by
- What I need out of a relationship is
- My parents' relationship was
- I try to get love now by
- I'm scared to be honest because
- I deserve to be loved because

2 min each - 8:40

SARA

BREAK

Far Away, So Close w/

Giving opportunity to share what your experience of the other person was like in the game

9:05

CHRISTINE

Grounding before each time

Selection of partners - describe the game, ask if they'd like to choose or have it chosen

INTENTION: The first couple games this evening were aimed at getting you in touch with how your current relationships manifest, what your boundaries are, and where and why honesty can be difficult for you to practice. This game gives you an opportunity to actually try out some skills to help you tell the truth, or just get in touch with what your truth is, in relationship. It will also help you find constructive ways of listening and responding to your partner when they're being honest with you.

We really encourage you to sit in silence for a few seconds before you speak or respond to connect in with your partner

Empathy Game (Why your relationships run into trouble) + What I really get about you

- What I wish I could tell my parents is (or choose parent)

- What I wish I could tell my partner is

State what's on your heart - partner reflects - clarify - partner reflects w/ emotional content and what they got out of it. Then give opportunity for partner to share what your experience of the other person was like in the game or what you really get about them.

1 min 30 for each share in the game

9:30 / 9:40

SARA

Withholds (whatever is still up for you with a person or with the group that you want to share, in service of your relationship with that person (positive or negative) - feel free to express your fear or emotion around sharing first - GO IN A CIRCLE

SARA