

Nonviolence Curiosity Exercise

Notice **Somatic** changes as you listen to someone tell a mildly disturbing story.

You:

1. Stay completely silent.
2. Notice the urge to
 - Nod or make sounds
 - Make them feel better
 - Interpret

Write about your experience. How does it reflect your Answer?

Mindful Awareness Exercise

1. Bring to mind a recent time when you felt mildly angry.
2. As you bring that to mind, notice any place you are feeling tension and tightness in your body. Notice your shoulders, abdominal muscles, jaw, neck, lower back or any other area you feel tension. (Remember your head is a part of your body.)
3. Does this tension feel familiar to you? Does it feel like a habitual pattern?
4. Now shift to something good that happened lately. Maybe an encounter with a good friend, a fun time with family or a time that was really enjoyable. Notice what changes in your body. How did the sensation change?

Write about your experience. How does it reflect your Answer?

Compassionate Assumption Exercise:

1. Bring up a recent, mildly upsetting experience you had with a stranger and notice what you feel in your body.
2. What was your assumption about that experience?
3. Now imagine a scenario that would explain that person's behavior that is not about you. Make a list of situations that would help you to feel compassion towards that person.
4. If you have trouble making up a recent story that is helpful, imagine a painful childhood that person may have endured.

1. Now bring up that recent experience and notice if anything shifts for you.

Boundaries Exercise:

Practice with a partner. It is best if you do not know the person. Each of you practice going closer and closer to the screen in small increments. When you feel like they have crossed a boundary, raise your hand and say "Stop".

Notice what you are experiencing in your body. Notice any thoughts or urges.

Trade places.