

# Bridging From Hedy Schleiffer

**Host** I would like to invite you to the neighbourhood of ...

**Visitor** I am here and I am listening (say one essential sentence at a time)

**Host** I feel ...

**Visitor** I hear you say .... Am I with you? Is there more

**Host** I feel....

**Visitor** (validates) So that makes sense to me ... (validate the person as much as you can)

I am curious what do you feel about what I said.

**Host**...Yes or no I feel

**Visitor** Can you give me a snapshot of what this reminds you of in childhood?

**Host** I see a picture of ...

**Visitor** (validates) so that makes sense to me ...

**Host** says what they would like more of in their life

I would always always always want

I would never, never, never want

And I would always, always, always want

**Visitor** tells a story about the person including all the pieces they have heard

**Visitor and Host appreciate and thank each other and name what the space feels like between them.**

