

A Precious Neighbourhood

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.

