

HOW TO

(designed to be easy and quick)

1) Print pages 2, 3 of this document.

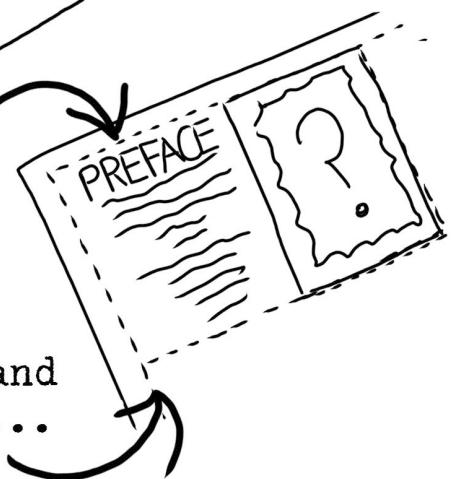
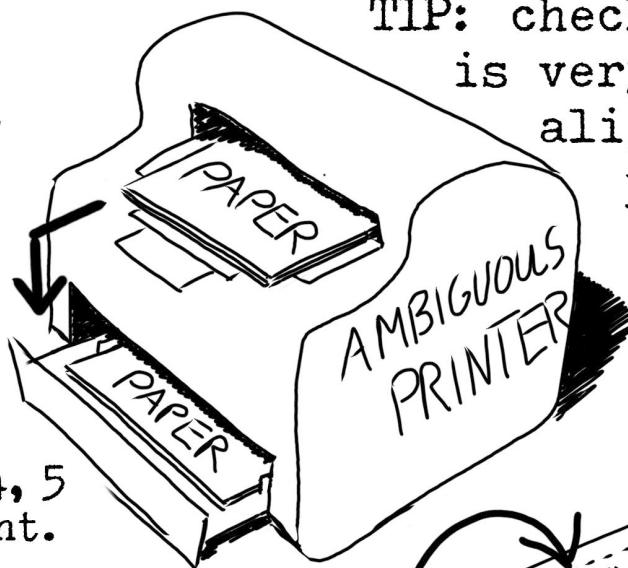
2) Once all sheets have printed, take the pile and move it into the paper tray, without rotating or flipping it.

3) Print pages 4, 5 of this document.

4) Trim the edges along the dotted line, without losing the order and orientation of the pages.

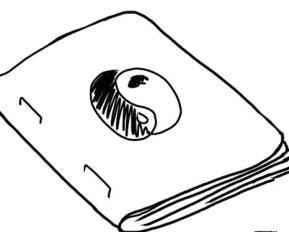
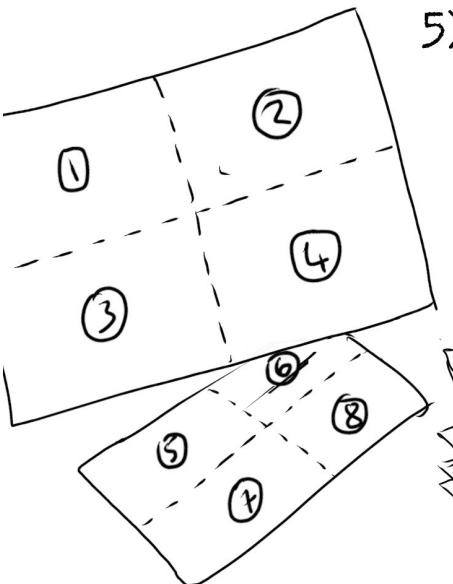
5)a) With the pile in front of you and the PREFACE in the top left corner...

TIP: check the paper is very centrally aligned in the paper tray.



5)b) Cut the trimmed pages into 4 quaters following the dotted lines and edges of the pages...

5)c) As you cut them out, add each page on top of the pile. The order is:
top-left, top-right,
bottom-left, bottom right,
next page, repeat.



TIP: if you lose the order, just refer to the online version!

6) Fold the pile in half, and staple/bind it in the centre, or at the edge.

..Finished! Or rather, just getting started...

PREFACE:

This is not the thing.
The thing is in you.

This is only a paper mirror.
Treat this as you feel to.

This has been designed as something you do, rather than something you read. There is much between each page, a distance crossed by feeling and doing, not just thinking.

The more you put into this, the more you may get out of it.

There is some space in the middle to write answers and musings.

Everything herein can be ignored, doubted, criticised, avoided, modified, or reproduced as you feel. Especially it should be, because it is definitely trying to brainwash you.

All declarations ask not be mistaken for attempts at objective truth.

This is for you.
Do with it what you will.

RECIPE:

-time and space together,
some privacy and minimal
screens/distractions.
(one-to-one is often easier)

-consent to speak freely

-agreement to not be judged or
judge each other, for each
others safety

-an intention of open
honesty, with no pressure

-sharing time without
speaking, let that be ok

-balance of seeing and being
seen, asking as needed

-freedom to pause or leave the
conversation respectfully
without guilt, when you no
longer feel to speak or listen.

But then,
what should we talk
about?
...

How about trying it
without any 'shoulds'?

...

... um, ok.
What do you feel
like talking about?



Space to speak is vital.
If we are all just trying
to speak, no one can be
seen.

It's when someone truly
listens, seeing us for
who we are,
that we feel satisfied.

Because everyone is
trying to meet that need,
we may need to see them
before they can have
space to see us.

Why do we talk about
how we feel?
What we care about?
What we've been going
through lately?

Asking questions to
ourselves and others
can be really helpful.

...
Although, more
worthwhile than any
script is saying what
you truly feel to say.

'Can I speak freely?' 'May I be honest?'

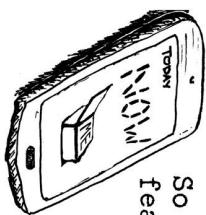
'How much of an answer are you looking for?'

'Actually, can I share something with you?'

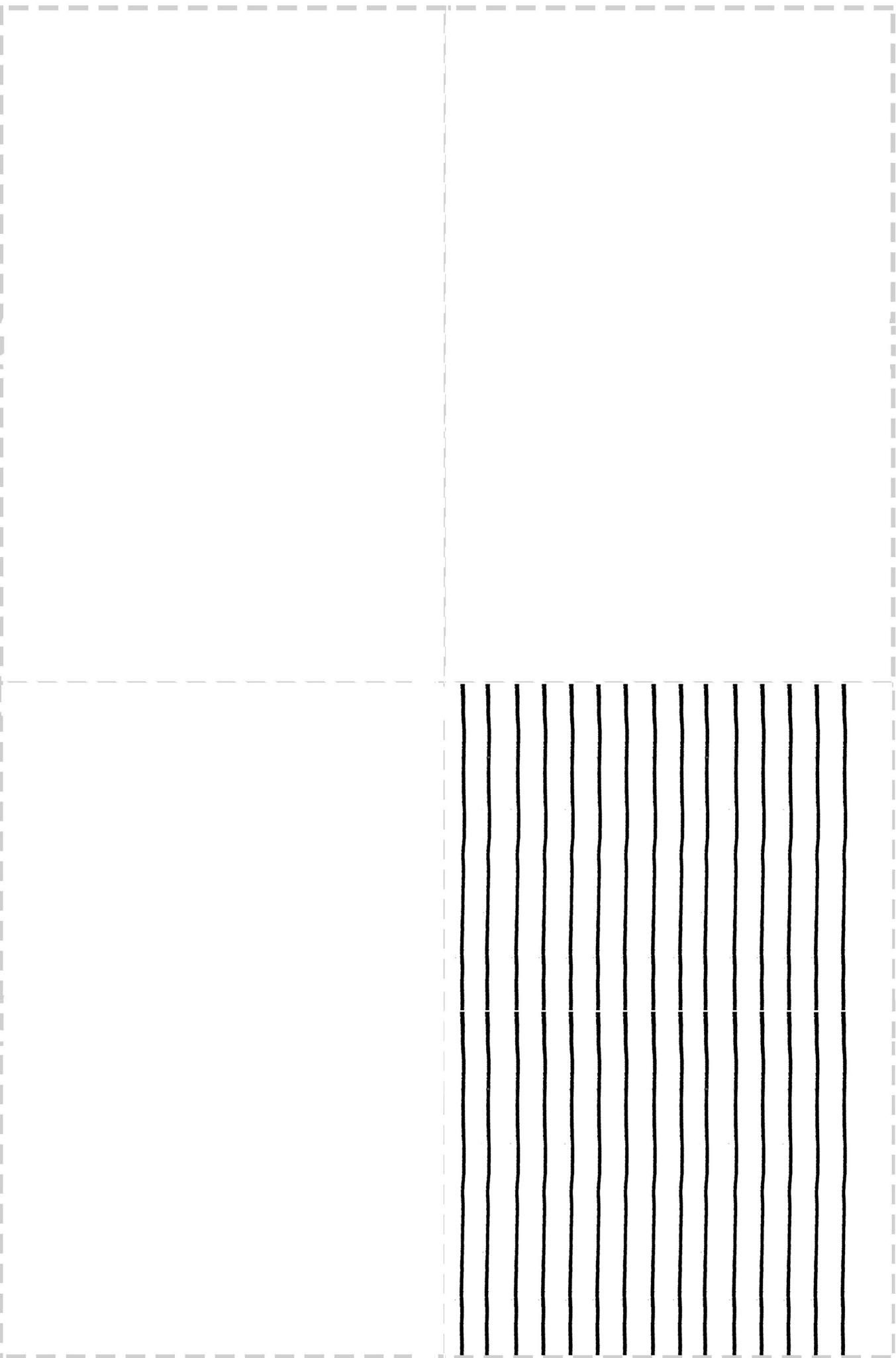
IN FACT:
You dont
have to say
ANYTHING.

Sharing Silence
=

useful space to
speak freely,
because you don't
have to.



So that, despite
fears, you can be
accepted
in speaking
freely.



To feel seen in:

Need: Feeling Seen

What do you care about?
What are you afraid of?
What do you love?

What's wrong with life?
What's right?

What hurts? Why?

What hopes? Why?

What is hard to say?

What is changing?

How do you feel, right now?

...a powerful sensation of it
being truly ok to be you,
even when you were afraid,
ashamed or anxious.

...being connected, sharing a
moment, someone empathising
with how you feel

...someone supporting you to
follow your feelings/
needs/dreams

...being loved for who you
are

... (however you feel to
define it)

In what moments have you
felt like someone truly
sees and accepts you?

Seeing:

...actively listening to what someone says, considering what it means to them

...accepting how they feel, without imposing your judgement, advice, or experience on them

...support them in feeling safe, being free, and feeling loved, whatever those things mean to them

...let go any idea that they should be different than they are

...take responsibility for your emotions/reactions to what they say

When was the last moment you felt like you truly saw someone?

How to speak: a normal guide

1: "Hey, how are you?"

2: "Fine thanks, you?"

1: "Yeh, good. Did you hear about (insert excuse to talk about something that makes me look good or that I think you should care about)"

2: "(insert obligatory nod and confirmation noises and wait for my turn to talk, or escape)"

...

(page 1 of 99)

Ever feel like you want something more?

(Dedicated to
the community of
Speak Freely who made
this possible)

Listener

How do I be seen?

- creating space for -
real connection

www.freely.org.uk

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We can't speak freely, if we have to speak.

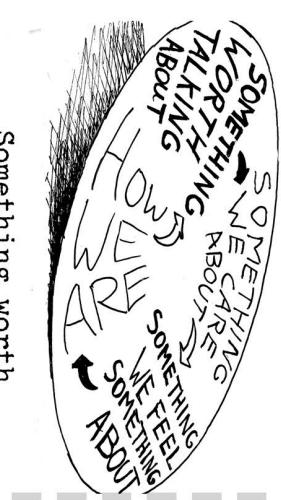
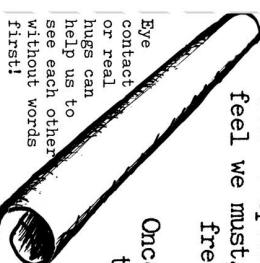
Sharing silence can be terrifying, but by choosing to share a moment without saying anything, we can accept each other without expectation to say/be/feel something.

If you feel a tension, fear or anxiety, be honest about it.

If you dont know what to say, say that.

Whatever is true for you right now, express it, big or small, doesnt matter.

Without 'shoulds' there is nothing you HAVE to say.



Something worth talking about, is something you feel something about; and so can be included in the answer to the question:

"How are you?"

Eye contact or real hugs can help us to see each other without words first!

(3)