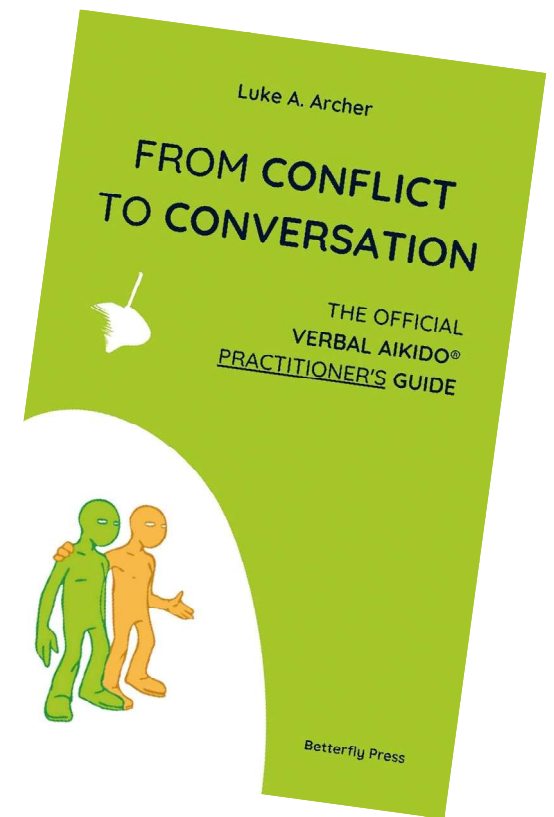




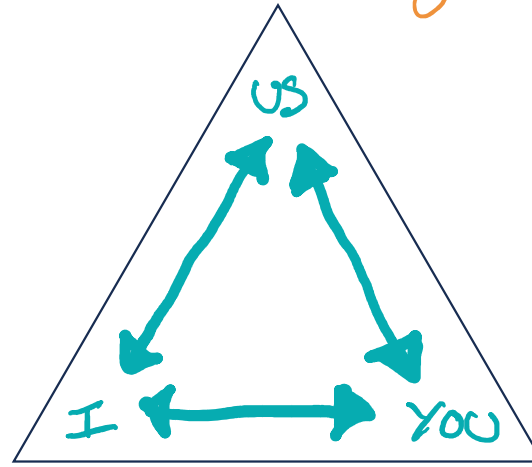
Verbal Aikido

Story

- Founded by Luke Archer
- Using Aikido principles of non-resistance and non-violence against verbal “attacks”
- Mostly asking questions



"what can we do together?"



"I center"

"I'm trying to understand"

3 postures

1. I: express oneself from our center
2. You: listen, explore the other's point of view, give place to other
3. Us: discover an "us" on which to start collaborating and get over the conflict



Sample moves

- I: Aperture *"Can I share my point of view?"*
- You: Ki-No Nagare, letting the energy flow: *"And what else?"*
- Us: Bright future *"What could we do to avoid this in the future?"*

Obviously, the way we say these sentences can change everything!