

Inner Bonding Buddy Course

Class Two partnership instructions

Setting up the time

- **Speaker and Listener: divide your time equally, leaving a few minutes transition time.** Decide who would like to go first.
- **Speaker decides what to work on: either choose an issue, or simply tune in to what is going on for you right now**

Starting the session

- **The Listener asks the Speaker three questions:**
 1. "Are you comfortable?"
 2. "Can you hear me OK?"
 3. "How many minutes signal would you like?"
- **Listener calculates when to give signal and sets timer**
- **The Listener says, "OK, I'm ready when you are," and starts the timer**

The session

- **Speaker goes through the 6-Step Inner Bonding process** (see next page)
- **Listener listens attentively and reflects what they hear Speaker say**
- **If needed, Speaker edits/corrects the reflection and Listener reflects again, OR...**
- **Speaker says the next thing on their mind and Listener reflects that**
- **If Listener has trouble remembering everything the Speaker has said,** Listener can gently stop the Speaker and say "Let me reflect that back so far," or, "Could you pause more often for me to reflect?"

Ending the session

- **Listener gives the signal as requested:** when the signal time is reached, the Listener says, "You have about "x" more minutes"
- **Once the Listener gives the final signal, it is the Speaker's responsibility to finish up** in the remaining minutes of their turn.

After the session

- **Refrain from commenting on the content of the session**
- **If you do comment, stick to comments about *the quality of the process*, not the facts or details.**
 - **It's OK to say,** "I felt honored to witness your process, and I was surprised how comfortable I felt just sitting quietly with you."
 - **But refrain from judgments** (example of a judgment: "You were in your wounded self a lot. You need to develop a Loving Adult.")
- **If in doubt, it's better not to comment at all**
- **At all times, refrain from saying things like, "My mother-in-law is a pain just like yours!"** If a thought like that comes up for you, put your arm internally around the part of you that is thinking that thought, but don't say it out loud!

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Summary of Class 2 instructions:

- **Listener listens attentively and reflects what they hear Speaker say**
- **If needed, Speaker edits/corrects the reflection and Listener reflects again, OR...**
- **Speaker says the next thing on their mind and Listener reflects that**
- **If Listener has trouble remembering everything the Speaker has said**, Listener can gently stop the Speaker and say “Let me reflect that back so far,” or, “Could you pause more often for me to reflect?”

The 6-Step Inner Bonding Process

- ❖ **Step 1: Be willing to feel your feelings**
- ❖ **Step 2: Move into the intent to learn**
- ❖ **Step 3: Dialogue with your Inner Child and Wounded Selves**
- ❖ **Step 4: Dialogue with your guidance**
- ❖ **Step 5: Take loving action (or imagine taking action and see how that feels)**
- ❖ **Step 6: Evaluate the action (or the imagined action)**