

Inner Bonding Buddy Course

Class One 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.
- **Listener: set your timer.** The Listener tracks time for the Speaker until the final signal is given, e.g. “We have about four more minutes...”

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) **or whatever they wish to do in their time (it is your session!)**
- **Listener listens attentively.** Notice if your mind starts to wander, comment, react, etc. and gently bring it back to listen.

Ending the session:

- **Listener gives the signal as requested:** when the signal time is reached, the Listener says, “You have about “x” more minutes” (however many minutes’ notice the Speaker requested)
- **Once the Listener gives the final signal,** it is the Speaker’s responsibility to finish up in the remaining minutes of their turn.
- **Remembering the Rules of Partnership, refrain from commenting on the content of the session after it is over.**
- **It is OK for the Listener to ask a question like this:** “I felt vulnerable just sitting here silently, and it would help me to know if it was any help to you.” In other words, you are sticking with *your own experience of the process*, and asking about *the Speaker’s experience of the process*, not the content. If the Speaker’s process did trigger something in the you as the Listener, you can refer to it generally: “It was challenging for me to keep coming back to just listening to you, because your situation had elements that triggered old experiences of mine, but I did keep coming back.”
- **Refrain from saying things like, “My mother-in-law is a pain just like yours!”** If that is in fact the case, 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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The 6-Step Inner Bonding Process

❖ Step 1: Be willing to feel your feelings

1. Listener listens attentively. Notice if your mind starts to wander, comment, react, etc. and gently bring it back to listen.

❖ Step 2: Move into the intent to learn

❖ Step 3: Dialogue with your Inner Child and Wounded Selves

- **Speaker goes within** (here are a few of many possible questions you can ask)
 - “Am I telling myself something about this, that is making me feel _____?”
 - What kind of place does the world feel like, when I tell myself that?
 - Is there something this part of me wishes it could control
 - I’m inviting my body to show me what “all OK” would look and feel like

❖ Step 4: Dialogue with your guidance

❖ Step 5: Take loving action*

- **Speaker** acts according to guidance OR imagines taking action

❖ Step 6: Evaluate the action (or the imagined action)