

SPEAKING UNARGUABLY

Physical Sensations

You are made up of sensations which are constantly in motion in and on your body. These sensations have different energetic qualities and they are always in a state of change. It's important to be with the sensation without judgement.

“When I hear that we did not make our numbers, I notice a swirling sensation in my stomach.”

“I notice heat moving up my neck as you tell me we lost a client.”

Find verbs ending in “ing” to express what you are physically feeling in your body.

pressing
swirling
tugging
burning
bubbling
bouncing
fluttering
narrowing
trembling
streaming
tingling
hollowing
pulsing
grinding
melting
swelling
throbbing
tickling
dissolving
piercing
twisting

flowing
pounding
squeezing
warming
tightening
quaking
bursting
constricting
shaking
lightening
opening

Emotions

As humans we have emotions reliably moving through us. We do not get to control having emotions, they just move through us, but we do get to control acknowledging them and expressing them through to completion.

“I feel angry when I see that you are 20 minutes late to this meeting.”

“I feel sad hearing that my role is changing at the company.”

There are many emotions that we believe are combinations of the five core emotions.

Scared - Something wants to become known

Sad - Something wants to be completed or let go of

Angry - Something wants to be stopped

Joy - Something wants to be celebrated

Sexual Feelings - Something wants to be created

Do your best to match the intensity of the emotion so that it can move through to completion.

Thoughts

Our minds are constantly thinking thoughts. The thoughts themselves are arguable, but the fact that we are thinking them is not. Thoughts can show up as memories, visions, voices in your head, and imaginings.

“I’m making up a story that you don’t really want to be working on this project.”

“I have the thought that I am being attacked.”

Do your best to acknowledge that you are witnessing yourself thinking a thought rather than knowing that you are right about your thought.

“I have a judgement arising that says...”

“The thought that is crossing through my mind right now is....”

“I see a vision of....”

“I have a memory of....”

“I’m imaging that....”