

INNER CONFLICT PROCESS

Think of something in your life that you are in conflict about. Find two objects to represent the different sides e.g. a stone and a feather.

STONE	FEATHER
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Identify the 'Shoulds' on both sides (Stone and Feather in 'Jackal')

STONE	FEATHER
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Gradually identify what needs of yours are underneath the 'Shoulds' on both sides (Stone and Feather in 'Giraffe')

STONE	FEATHER
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Find someone to work with in a pair. Share your process so far and help each other identify the needs on both stone and feather sides.

Hold the stone in one hand and the feather in the other. Sense the needs you are holding in your stone hand and your feather hand. Bring both hands closer towards your heart (MEDIATOR in Giraffe). Notice what comes up as you do this. If you can, rest quietly in this position, letting go of any specific strategies that you have thought of so far. Sense your longing to meet both needs for at least 30 seconds.

STONE and FEATHER

Begin to explore / brainstorm ideas that would meet both needs, without judging the ideas as they come.

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When you have at least nine ideas, look at each one to see if it works on a heart level – that is, you feel no resistance to doing it. If new needs come up, add them to the ones you are holding in your heart. If you find something, celebrate!