



COLETTE BARON-REID'S  
**INVISION PROCESS**



# Two Chair Exercise

## Module 5 | Homeplay

**Do this two chair exercise with the new Allies.**

- » Start with the first chair being you.
- » Acknowledge what you need.
- » Then sit in the chair where your Ally is waiting for you to claim them.
- » Compare the two.
- » Who will you listen to now when you need help?