

## Outside - 5 Senses - Present Moment

3. What do you do to move away from, or find relief, from the unwanted things (like running from fear)?

4. What do you do, or what could you do, to move towards who or what is important to you?

*away*

*toward*

5. Will you have the opportunity to notice the difference between outside and inside experiences, and toward and away moves?

2. What hard, uncomfortable, unwanted thoughts, feelings, or sensations (like fear) come up throughout your day?

1. Who and what is important to you?

## Inside - Mind - Private Events

# Outside - 5 Senses - Present Moment

3. What do group members do, or what might they do, to move away from uncomfortable experiences?

4. What do we do, or what might we do, to keep moving toward the shared purpose of the group?

*away*

*toward*

5. Will we have the opportunity to notice the difference between outside and inside experiences, and toward and away moves?

2. What hard, uncomfortable, unwanted thoughts, feelings, or sensations (like fear) come up between group members that get in the way of the shared purpose of a group?

1. What is our shared purpose?

# Inside - Mind - Private Events