



Staying on my own side in a hard conversation looks like:

Imagining I am in the center of a warm space. I am covered. I am held.

Grounding into my body, like a tree trunk full of experiences and stability.

Imagining the words are flowing through me as a conduit, rather than a receptacle.

Building my comfort with not knowing.

Imagining an outcome where I don't have to be right in order to be safe.

Being curious about what safety looks like for the other person.

Remembering what we share as common goals.