



## R-Group Process

# HONORING SOMEONE WHERE THEY ARE

Have everyone in the group pair up and form two lines so everyone is facing their partner standing with about one arm's length between them. Have everyone in one of the lines identify one of their false selves and two messages that false self communicates to others. For example, one of my false selves is the isolator and my isolator communicates to others that "I don't trust you" and "I would rather be alone." Tell everyone in the other line that, during the first round, they will verbally reject these messages. So, with the example of the isolator, you could reject that message of "I don't trust you" with "You should trust me" and "I would rather be alone" with "That's why you are lonely."

Have the two lines start speaking their messages or the rejection of those messages. Give them about 30 seconds of repeating these messages back and forth, then have them switch roles. Give them another 30 seconds.

Now, switch back again, so everyone in the first line will again say the messages of their false self. This time, though, everyone in the second line will hold their arms open and after each statement, simply respond, "I honor that." Have them begin and give them 30 seconds. Then have them switch roles. Go for another 30 seconds.

### Debrief:

- What was it like for you to have your messages rejected by the other person? What emotions came up for you?
- What was it like to be the one rejecting the messages?
- What was different the second time around, when your messages were honored?
- What came up for you when you were honoring the other's messages?
- What relationships in your life do you see this play out?
- What would be at risk for you to honor where these people are in their life, regardless of whether you think that is where they should be?