

# Connection Exercise for Two

1. Determine who speaks / who listens first and set a timer for 10-15 minutes.
2. Speaker:
  - a. share anything you wish to share (preferably not about the listener)
  - b. try to take up the full uninterrupted time
3. Partner:
  - a. with full presence and attention, listen silently for what's going on with the speaker—parking your own thoughts (judgments, curiosity questions, analysis, solutions)
  - b. when the timer goes off, stay with the speaker (not expressing yourself yet) and reflect back what you think you heard and check for full understanding. You might:
    - check if you understood an expressed thought
    - guess feelings (refer to [Feelings list](#) as reference)
    - guess what's driving the speaker (refer to [Needs list](#) as reference), e.g.:

*“Is x really important for you?”*  
*“Do you long for x?”*  
*“Do you wish for/value/need x?”*  
*“Do you actually want x?”*

4. Switch roles and go through steps 1-3
5. Check if you feel seen/heard/understood. Express to each other how the connection feels.

