

CONNECTED COMMUNICATION PRACTICE

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DESIRES, FEAR & LOVES

CONNECTED COMMUNICATION PRACTICE

This is a communication exercise designed to allow you to go deep; to express yourself to your partner and to be heard, creating a safe container for each of you to express freely.

You will ask each other specific questions. Be sure to follow the script exactly. When your partner shares, your **only** response is to say “thank you” and then repeat the same question until the timer goes off.

The key to this exercise is that when your partner is speaking, you are fully listening. As you are asking the questions, don't change the question **and don't get into a conversation**. This structure creates a sense of safety, knowing that your partner is fully listening to you and is not going to try to fix, change or judge you.

When you are answering the question, try to allow yourself to speak freely, without expectation or agenda, just honest desire.

They are just here to listen to what you have to say.

When you are the listener, try to stay in appreciation for your partner's honesty. Pay attention the sensations in your that arise body while you are listening.

Set a timer for each partner to take turns asking/answering and keep going with the same question. Until the bell rings. keep asking your partner the same question if you are the one asking the questions. Keep sharing if you are the one sharing.

A good time for this process is about 2 minutes for each question period, but you can extend it to 3 minutes if you have more time.

If you feel as though you've hit a kind of limit or wall with the question, just close your eyes and feel inside, and take as long as you need until you have something to share, but keep going.

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The repeated question is designed to allow you to go deeper and deeper. This can allow surprising answers to arise, and lets you think about things from an angle that you might not have considered before.

Decide which one of you will be partner A and partner B.

Sit across from each other comfortably.

Step 1

Partner A will ask partner B:

- **What do you really want?** (or **What do you desire?**)

When partner B stops or comes to a natural pause, partner A says “thank you.” Partner A will repeat this question over and over again, listening to partner B’s response, and saying “thank you” whenever partner B pauses or stops their sharing.

Partner B, when you answer the question, feel inside and let yourself express. Don’t judge or filter. Share whatever is inside of you with partner A.

Thank each other for this process, and then switch roles, so that partner B returns the question to partner A:

- **What do you really want?** (or **What do you desire?**)

Follow the same process with the first question, and partner B purely listens and says “thank you,”

and then repeats the question.

After two minutes, thank each other again.

Step 2

Now do the same process with the next question. Partner A, ask partner B:

- **What are you afraid of?**

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After two minutes, thank each other, and then switch so that partner B asks partner A the same question.

Again, after two minutes, thank each other and move on to the next question.

Step 3

Partner A, ask partner B:

- **What do you love about me?**

Again, when partner B pauses or comes to a natural stop, say thank you and then repeat the question again. After two minutes, thank each other and switch again.

Partner B, ask partner A:

- What do you love about me? **

In a few cases, if they said something that you really need to talk about, remember to do this in the most delicate and loving way. Take full responsibility for whatever you are triggered by and very gently discuss it with your partner. But if there is anything in you that can just move on, then choose to keep the space held and move on into something else.

** This practice can be done with a friend or even someone you don't know, in this case you could switch this question to "What do you love about yourself?"