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Give and Take Care

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Give & Take Care

Jeff Kasper

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Hold a distance near embrace.

Share this card with your partner.

Clarify ambiguous terms with your partner. Think about concepts that each of you may interpret differently. In training our capacity to being together, living with ambiguity is just as important as striving for clarity. Often they are part-and-parcel.

Practice by saying something that matters to you. Have your partner do the same. Always ask, "What do (did) you mean by that?" or "It seems that you mean(t) ... is that true?"

Hold a distance of no more than 2 feet.

Ask yourself: "What outcome do I want from this exchange?"

Hold a distance of no more than 2 feet.

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Agree to move past "positions."

A position is the desired outcome of a conflict. Often the position is "You are wrong." or "This person is impossible to live with." Positions are not negotiable and result in impasse. To resolve conflict, each person has to "move past positions."

Ask you partner, and have them ask you, "Do you agree to move past positions?"

Answer truthfully.

Keep a distance of no more than 1 foot.

Sit or stand very still. Follow the subtle movements and gestures of you partner. Carefully scrutinize every inch of their body from head to toe. Notice, without judgment, what they may want you to ignore. Keep this up for at least five minutes. Let your mind wander naturally but always return to your partner. If you need to center on the sound of their breath or your own, do so.

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