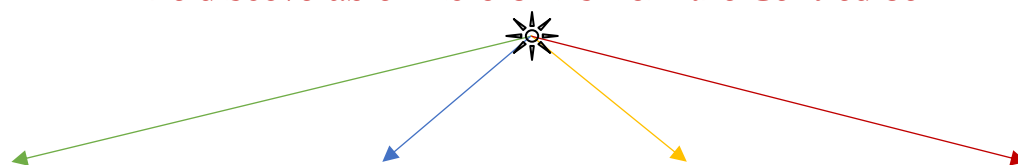


## The discoverable Micro-Skills from the Centred Self



<b>Stabilize</b> Explore True Power Together  From Rescuer to Holding Space	<b>Unify</b> Explore Compassion Together  From Victim to Vulnerable	<b>Clarify</b> Explore Wisdom Together  From Persecutor to Humbly Assertive	<b>Activate</b> Explore True Strength Together  From Dramatist to Sincere Connection
Micro-Skills for navigating through blockages, unresolved conflicts and hidden identities			
Get yourself out of the way	Focus on the present	Define the purpose of the argument	Define strength by finding it, then giving it to another
Listen to understand	Find emotional resilience	Define your triggered self in the discussion	Connect to a group and connect the group
Get comfortable with silences	Give the emerging self a voice	Give the emerging self a name	Read the context you're in
Give advice only when asked	Avoid over generalising	Don't over analyse	Express the helicopter view
Poke around – not knowing is ok	Avoid over catastrophising	Seek/provide clarification	Wait for the opportunity, then take it
Drop the expert controller	Pace the energy – too quick? Too tired?	Acknowledge your mistakes	Let go of it
Use the energy – go with it/redirect it	Sit in the hot spot and breathe	Be caringly assertive	Sit in the cold spot as much as the hot spot, and breathe
Empathise not sympathise	Express your vulnerability with sincerity	Use 'I' language	Avoid attracting too much attention
Stand by what is said or heard	Highlight your refrain from attack	Request not demand	Get contributions from others
Be aware of the past	Explore both of your potential layers together	Know your limits in taking	Use self-awareness
Take leadership and hold space	Know your limits in giving	Pause judgement	Embrace the spontaneity
Witness	Trust in the big picture	Summarise	Own your desire
Don't try to fix it	Express your need for safety	Own it	Express your passion
Mirror	Take turns – you today, me tomorrow	Probe for the elephant in the room	Challenge as opposed to overwhelm
Normalise	Encourage intuition	Transmute shame into humility	Transmute fear into courage
Validate	Reassure and affirm self and other	Transmute anger into assertiveness	Share being the hero
Withhold the birds eye view	Self regulate	Give what you seek	Own and manage addiction
Challenge, not Overwhelm – Grade the Probe	Ask for it in plain language	When doing payback, be less severe	Welcome the boundary
Provide a space for the other to be the hero, not you	Drop the ideal and stay with the real	Own your projection	Be freely organised
Keep track	Quietly monitor progress	Aim at repair	Explore safe adventure