

Pocket Guide for Staying Current

Staying Current Steps	Practices	Guidelines
<p>1. Invitation</p> <ul style="list-style-type: none"> • choose a convenient time to stay current <p>2. Connection</p> <ul style="list-style-type: none"> • connect with oneself & the other using centering practices • acknowledge & share feelings about staying current • share intentions for staying current <p>3. Conversation</p> <ul style="list-style-type: none"> • describe the issue • repeat back what you heard & share feelings about your experience • share points of view & insights <p>4. Learning and Closure</p> <ul style="list-style-type: none"> • describe learning • create agreements • review outcomes & determine if intentions were met • express appreciation & gratitude 	<p>Check alignment & stance</p> <p>Balance & center</p> <p>Soft eyes</p> <p>Notice breath</p> <p>Stay present to your experience</p> <p>Blend with self & other</p> <p>Engage in empathy of self & other</p> <p>Focus on authentic expression</p> <p>Stay open to possibilities</p> <p>Listen attentively & actively</p> <p>Speak to be understood</p> <p>Inquire to understand</p> <p>Honor the space shared between you & the other</p> <p>Hold self & other in evolutionary love</p>	<p>Stay in your body</p> <p>Avoid judgments of the other</p> <p>See what is true for the other person</p> <p>Use sensations as energy</p> <p>Bring your whole being - body, mind, heart & soul - into the staying current conversation</p> <p>Stay open to the wide range of options for resolving</p> <p>Realize that the greater number of perceived options increases the likelihood of a more favorable outcome</p> <p>Be mindful of taking things personally</p> <p>Acknowledge that there are multiple points of view</p>