

What's it like for you to think with support? What's it like for you to support someone to think?

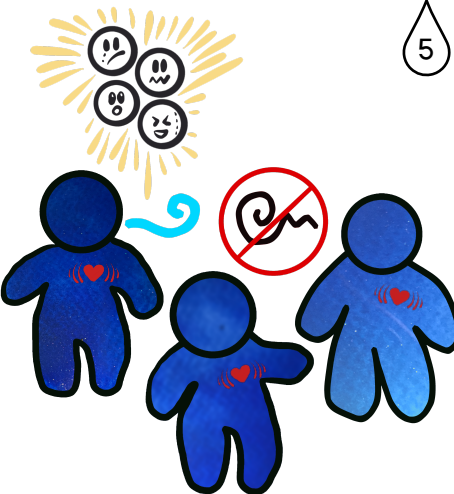
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Who might make a difference to you to invite to try this practice?

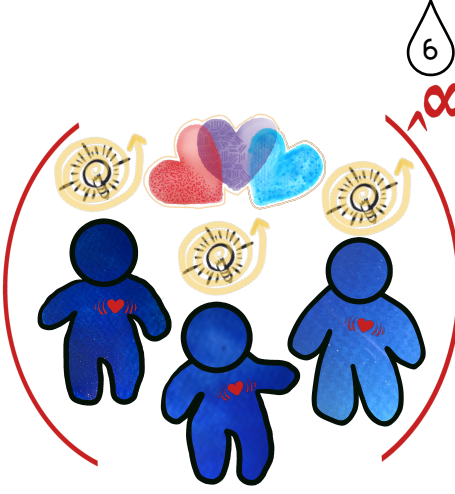
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Where and how might we integrate this practice into your life and/or community building work?

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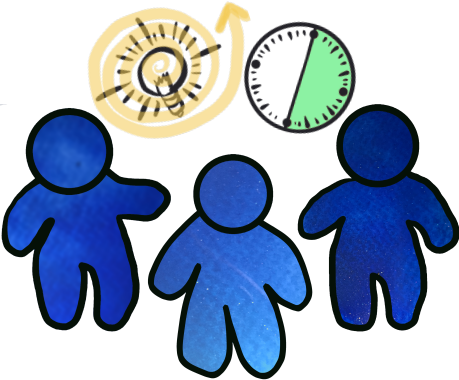


Refrain from referring to previous turns, this prevents criticisms and arguments.



Think-and-listens allow us to be big, open and creative. We can decide to act and be powerful.

Think and Listen



A Basic Guide to a Powerful Practice

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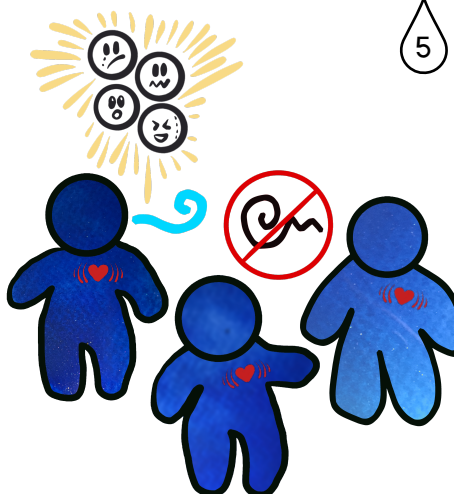
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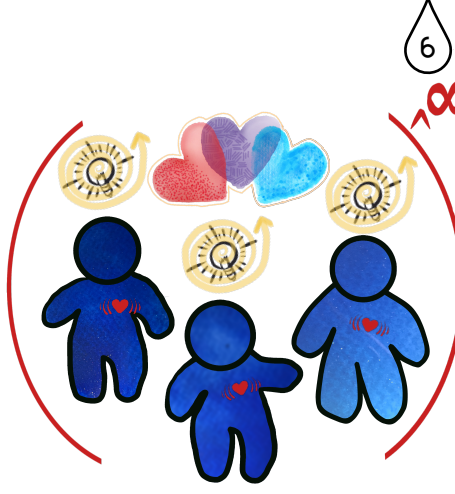
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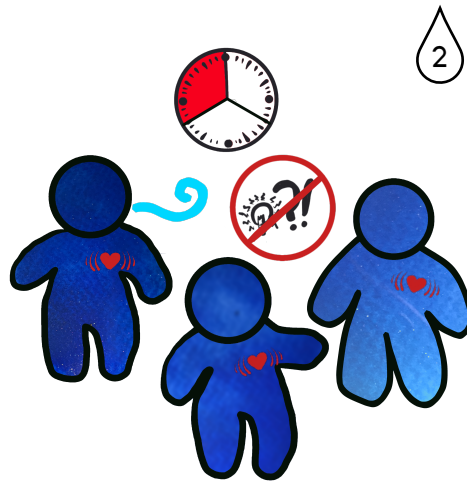
Think and Listen



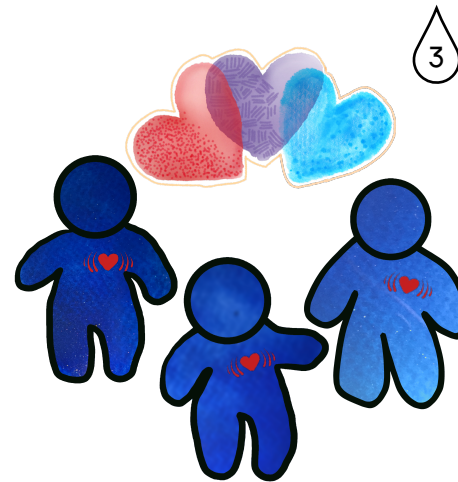
A Basic Guide to a Powerful Practice



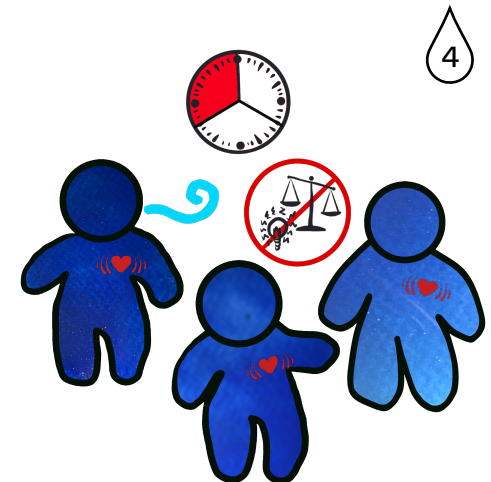
Decide to think about a topic with two to five other people. Agree on a total amount of time.



Each person takes a turn (equal time) to speak their thoughts without interruptions.



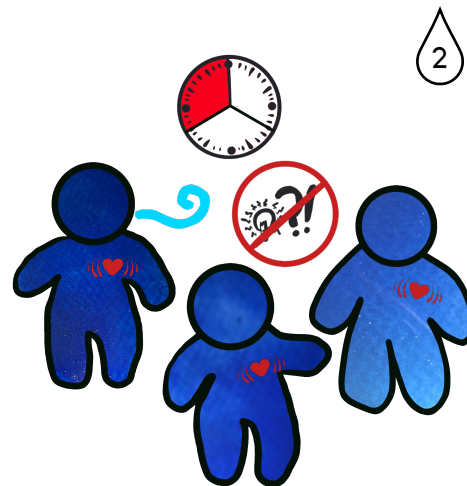
Those not taking their turn listen with full, respectful and interested attention.



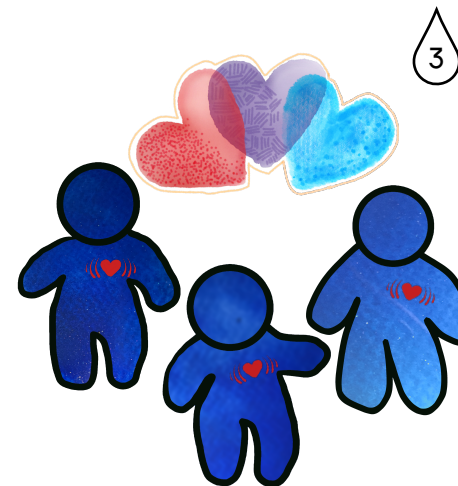
Listeners make space by withholding judgements, comments or disagreements.



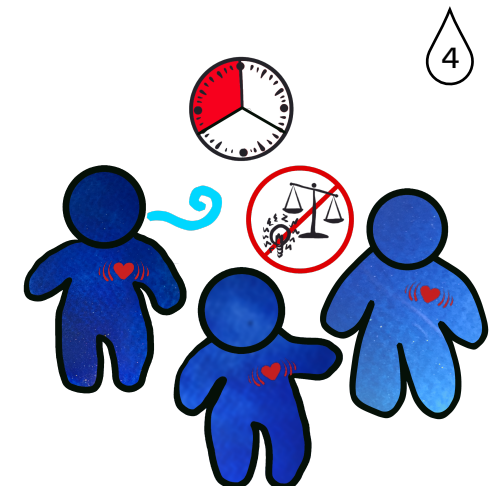
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