

speaking up

EXPLORE, CLARIFY, AND SHARE THE ANSWERS TO EACH OF THESE, IN ORDER

LOVES:



What is one of your most precious persons, places, or things you want to take care of, or remember?

You can describe what you most love about them/it, and/or an experience you had with them/it that felt especially meaningful. (Feel free to use a pseudonym and fictional details if it feels more comfortable.)

LOSSES:



How was your beloved not able to get what they/it needed to flourish in the past?

You can describe an event, or situation, or condition they/it experienced that felt especially unpleasant and how it affected them, or what they/it lost. Or, you can describe your experience of losing them/it.

DREAMS:



What would you most love to create or explore as a way to support or honor this beloved?

You can describe a way you would like to use your own unique skills and interests and resources to add something meaningful to the world that reflects the positive value your beloved added to your life.

NEEDS:



What basic resources do you most need for you to effectively work towards that goal?

You can start by focusing on the physical needs of high quality inputs of food, water, air, warmth, light, and information, along with outlets to freely express the body's excess matter and energy. Then, adding more specific needs, for clarity.