

# How Can You Learn to ENDURE DISCOMFORT?

Coalition to dismantle the  
Doctrine of Discovery



**Listen** to your own biofeedback and Get on the Balcony

**Focus** on reflective listening

- Identify interests (needs)
- Identify feelings
- Reflect back what you hear the other saying: “It sounds like...”: “I imagine you might be feeling...”; “Is that true for you?”

**Create space** for venting and for anger

- Provide a calm, neutral presence
- Venting is not an attack although sometimes it feels like one
- Beware of tone policing, i.e. being more concerned with how something is said instead of what is being said
- Listen with all of your intelligence and creativity
- Assume there is more going on in this situation than you are aware of; it may not be personal/about you
- Allowing venting builds rapport and gets you on the same side

**Invite the Spirit** into the situation with a simple, unspoken prayer of invitation to the Healer

**Best practice:** In times of conflict, choose to go deeper into relationship. Lean in!

- Bring awareness to patterns of fight/flight/freeze/fawn

**Seek repair** when you make mistakes.

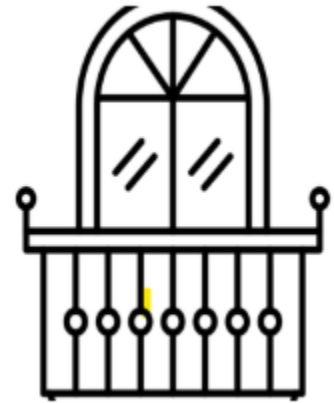
## Getting on the Balcony

**Notice** how it feels in your body when you are uncomfortable. “My face feels hot.”

**Observe** your reaction without judgement. “I seem to be angry. What about the interaction makes me so uncomfortable?”

**Observe** the reaction of the person without judgement. “She is really fidgeting, and will no longer look at me. What does this tell me? It appears that she is nervous. I wonder what about this situation makes her uncomfortable?”

To observe without judgement, you must step aside from your own interest for a moment and observe as though you are not a part of the interaction. To affect the outcome of the interaction, you must then move back into the action.

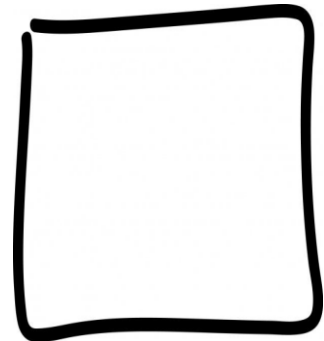


## Standing Rock Exercise

At Standing Rock, where you are a delegate from your church, an Indigenous activist invites you to participate in ceremony. As you enter the ceremony space, another Indigenous activist says, “You are not welcome to enter this space because you still believe in the bible. If you want to participate in ceremony, you need to reject the bible completely. Otherwise, you are bringing violence into this space – that is not our teaching, and it can’t come into the circle.”

### Balcony:

- What do you feel in your body as you hear these words? *Use the space to write down sensations or feelings*
- What can you do (internally) to help to calm these feelings so that you are fully present in this space?



### Interests/request:

- What are the feelings and needs expressed by the second Indigenous activist?
- What is the interest request being made by the second Indigenous activist?