

Compassionate Activism Session 2 - Chat Log

16:06:09 From Jen : I was wondering about acknowledge vs accepting, does it mean just not reacting?

16:06:45 From Josette Souza : Folks on the phone - *6 is how you unmute from a phone

16:06:58 From Josette Souza : Everyone is muted just because of background noise and such

16:07:48 From Pratiksha : Thanks!

16:09:42 From Josette Souza : And if anyone is having a problem, feel free to text me at 970-215-3645

16:10:43 From Pratiksha : What if the other person makes fun of you for asking the questions or is not willing to indulge in deeper conversation? What is the best way to react? I find that most people don't want to introspect about their baggage - especially in an emotionally charged situation.

16:11:03 From abbyalexanian : regarding assuming things from the past might replicate in the future, I'm struggling with this because doesn't learning from the past help protect us in the present and future?

16:16:50 From abbyalexanian : thanks!

16:21:57 From Josette Souza : Me!

16:21:59 From Alli McCracken : me!

16:22:00 From Jessamyn : yes

16:22:01 From Alexis : me

16:22:02 From jillianmiller : yes

16:22:02 From Liz Byrd : o yeah

16:22:03 From Brittany Rea : Yes, especially to myself

16:22:04 From Ben : definitely

16:22:05 From Adventuress42 : yes

16:22:06 From abbyalexanian : yes

16:22:07 From NLap : frequently

16:22:07 From Cathy Boyce : yes

16:22:08 From Katrina Andberg : often

16:22:09 From Pratiksha : me

16:22:13 From Owner : yes x 2

16:22:14 From Mareena : with a lot of p

16:22:17 From Mareena : yes

16:22:18 From Bernardita : all the time! :(

16:23:34 From Jessamyn : we kinda do, in Canada, heh

16:23:41 From Liz Byrd : haha... kind of yeah

16:23:49 From Cathy Boyce : agreed Jessamyn

16:23:57 From Pratiksha : in Michigan too :D

16:23:57 From Aliya : Lolllll

16:23:58 From Jessamyn : but mostly yeah, we also get a coat

16:23:59 From Jen : I do about the heat! so hot here these days

16:26:32 From Jessamyn : I find it hardest to accept the reality of myself

16:26:40 From Jessamyn : I always want to be better.

16:26:44 From Brittany Rea : yes

16:27:02 From Aliya : it's also hard to *trust* your reality

16:27:13 From Aliya : especially when ppl make you feel like your'e being too sensitive etc
16:27:15 From Jessamyn : oh yes, @Aliya I find that too
16:27:18 From Jessamyn : all the time
16:27:33 From Aurora : @Aliya omg yesss
16:27:35 From Jessamyn : my last week has been intensely painful on the self-
recrimination front, and I have been so looking forward to this class to develop my capacity to
develop compassion for myself
16:27:45 From Aliya : :)
16:28:07 From Brittany Rea : Is it possible to take your internal reality too serriously?
16:28:15 From Jessamyn : yes, some people do I think
16:28:21 From Liz Byrd : one thing that helps me is to ask myself, "Would I talk to my best
friend (or anyone, really) the way I'm talking to myself right now?" :)
16:28:22 From Jessamyn : but if you are asking that question, you aren't one of them ;)
16:28:24 From Aliya : yeah i think so...
16:28:33 From Aurora : I wouldn't call it "taking it too seriously" but maybe hyper-
focusing?
16:28:36 From Aliya : I do that too Liz
16:28:41 From Liz Byrd : :)
16:28:51 From jillianmiller : I find ppl who do not see my reality begin to express feelings
of persecution because I am pointing out a dynamic which I feel is sexist, racist, homophobic....
16:29:07 From Jessamyn : Liz I have a similar question I ask myself, which is "What
would someone who loved themselves do?" or "What is the most loving thing I can for myself
right now?"
16:29:17 From Liz Byrd : that's wonderful, Jessamyn!
16:30:31 From Aliya : it's incredible how mean we can be to ourselves
16:30:40 From Liz Byrd : it truly is
16:30:49 From Laura Anne Haave : jillianmiller, i see this all the time with students -- any
criticism or critique is interpreted as "persecution" or "harm" and the person pointing out the
harm is then framed as the person causing harm. Very frustrating.
16:31:48 From Stacey : I have seen that too Laura. It is frustrating
16:31:50 From Aliya : i think people can take criticism better when they have a base
amount of self-confidence...unfortunately a lot of us don't have that...
16:32:02 From Josette Souza : Amen Laura
16:32:02 From NLap : Laura that is how my students are as well
16:32:07 From Aliya : Especially in a society like ours
16:32:17 From Katrina Andberg : self esteem is a major deficit
16:32:25 From Katrina Andberg : in many people I interact with
16:33:05 From Katrina Andberg : american society I would say does not always teach
ways to build self esteem, particularly around failing or trying
16:33:15 From Adventuress42 : GasLighting!
16:33:21 From jillianmiller : yeeeeesss!
16:33:39 From Pratiksha : Spot on @Adventuress42
16:34:19 From NLap : I think also being called "Oversensitive" is a symtom of our society
16:34:31 From Katrina Andberg : yup
16:34:35 From Aliya : Yes!
16:34:38 From Adventuress42 : I find I do it to myself a lot of the time!

YES. being sensitive is a GOOD thing

16:35:08 From Jessamyn : the Highly Sensitive Person books are huge in my life

16:35:16 From Jessamyn : first sense that maybe I wasn't just terribly flawed
16:35:21 From Aliya : I have them too :)
16:35:33 From Pratiksha : What books are these @Jessamyn?
16:35:39 From NLap : being sensitive to the condition of our community is not necessarily a weakness... being in touch with our feelings and being empathetic towards other is a strength and something that needs to be reclaimed
16:35:54 From Aliya : Absolutely
16:35:57 From Jessamyn : Highly Sensitive Person by Dr. Elaine Aron
16:36:13 From Jessamyn : <http://hsperson.com/>
16:36:19 From Pratiksha : Thanks @Jessamyn. Will check it out.
16:36:23 From Jessamyn : totally agree NLap
16:37:03 From Liz Byrd : "it is no measure of health to be well-adjusted to a profoundly sick society" - I don't know who said this, but I love it
16:37:19 From Aliya : I think it was Erich Fromm?
16:37:37 From Bernardita : what a great quote!!
16:37:37 From Liz Byrd : maybe! I'll have to look it up later
16:37:43 From NLap : that sounds like Fromm
16:38:37 From Bernardita : quote by: Jiddu Krishnamurti
16:38:48 From Liz Byrd : ah, thanks!
16:39:11 From Bernardita : no problem!
16:39:18 From Bernardita : my goodness, i wish everyone in the world could be taking this class!!
16:39:40 From Josette Souza : Aw haha how sweet!
16:40:17 From Bernardita : i'm about to get neck pain from how much i am nodding my head!!
16:40:25 From Aliya : haha!
16:40:29 From Josette Souza : Haha oh no! any chiropractors in the room
16:41:08 From Pratiksha : Could I ask my earlier question?
16:41:09 From abbyalexanian : I'm interested in the relationship between external reality and "objectivity"

16:41:21 From Bernardita : oh that's a great question!
16:41:21 From Brittany Rea : yeah, me too
16:41:26 From vbellaton : It's hard to get in touch with that external reality when our and the other person reality are in such confrontation.
16:43:25 From Jessamyn : My biggest hardest part of reality is how I am. I am so invested in this image of myself as kind, compassionate, etc, and sometimes I am just not. Sometimes I am furious and I want to yell at people.
16:43:44 From Bernardita : girl that is SO REAL
16:43:57 From Katrina Andberg : i feel that
16:44:01 From Liz Byrd : I feel that too
16:44:29 From Jessamyn : I think it's a signal I need to focus my compassion on myself
16:44:35 From Liz Byrd : sometimes anger can be compassionate though, at least I think that - anger can be cruel or loving
16:44:44 From Jessamyn : and try not to get sucked into the shame of falling short of my ideal
16:44:47 From Jessamyn : Liz I agree
16:45:00 From Aliya : I totally hear that...it's taken me SO long to accept those parts of myself

16:45:01 From Liz Byrd : I like that reminder to bring compassion to self when feeling explosive

16:45:03 From Laura Anne Haave : I hear that, and I feel the opposite. I am really angry and want to confront someone, but I feel compelled to be "professional" or "nice" to live up to someone else's standard.

16:45:33 From Liz Byrd : I struggle with that too - the PTSD question

16:45:40 From Cathy Boyce : Yes that's a good question

16:46:17 From Jessamyn : oh, this sounds like the crucial conversations model of the pool of shared meaning

16:47:03 From Pratiksha : Great question!

16:47:16 From NLap : That is a hard question to wrestle with

16:47:43 From Liz Byrd : BPD can often be misdiagnosed complex trauma, helps me to keep that in mind when dealing with toxicity

16:47:44 From Bernardita : i love that: "invite them to stop"

16:47:56 From Aliya : Can be very hard when it comes to family tho...

16:48:02 From Bernardita : oh yea

16:48:04 From Liz Byrd : I hear that...

16:48:06 From Bernardita : definitely tough with family.

16:48:10 From Jessamyn : the hardest

16:48:21 From Jessamyn : I am so very glad all of you are here

16:48:34 From Bernardita : me too!!

16:48:35 From Aliya : omg me too!

16:48:45 From Bernardita : this is so wonderful and powerful

16:48:55 From Jessamyn : yes yes yes

16:50:24 From Cathy Boyce : family and people you are very close to

16:50:38 From Monique Wright : can we do a 2 min review of the first 5 slides?

16:52:41 From Pratiksha : I feel better reading about so many of you struggling with people who are close to you. Don't mean this to come out the wrong way - but sometimes used to feel like I was the only one.

16:53:41 From Aliya : You're not alone :)

16:53:54 From Liz Byrd : Pratiksha, I know that feeling. It's hard knowing others are hurting in the same way, but relieving to find others who relate.

16:54:13 From Josette Souza : Monique - I don't know if we'll have time for that now but we will send the slides out after the session :)

16:55:21 From Pratiksha : Thanks @Aliya and @Liz Byrd

16:55:56 From Liz Byrd : you're welcome :)

16:56:46 From Aliya : np!

16:57:02 From Aliya : True that Sandra!

16:57:19 From Aeisha Johnson : exactly!

16:57:35 From Jessamyn : We all have dreams... I wish my dad wouldn't post stuff about the wage gap being a myth. :/

17:00:09 From Jessamyn : I forget the original question... this is the situation that was a little charged but not too bad?

17:00:26 From Pratiksha : oh no @Jessamyn.. Sorry to hear that! I feel you!

17:00:32 From Dolores Tejada : What is the question for breakout rooms? I missed it

17:00:59 From Jessamyn : @Pratiksha thank you, it is sad/hard some days

17:09:55 From Josette Souza : Yes

17:09:56 From Jen : it worked but time went too fast!

17:09:56 From Dolores Tejada : YEs

17:09:57 From Katrina Andberg : good
17:09:57 From Alli McCracken : mine worked!
17:09:58 From Kayla DeCant : Breakout room worked great!
17:09:58 From Jessamyn : yes!
17:09:58 From rebekahgowler : worked
17:09:58 From tsheldon : I cannot figure out how to turn on my mic
17:09:59 From Liz Byrd : yes!
17:09:59 From Adventuress42 : great
17:10:01 From Ben : yes
17:10:02 From Aliya : worked
17:10:03 From Mareena : yes
17:10:03 From NLap : yes
17:10:06 From Laura Anne Haave : Worked perfectly! Thanks for a great talk Jillian
17:10:07 From jillianmiller : yes
17:10:07 From Alexis : yes
17:10:09 From Aurora : I didn't get assigned a partner and I couldn't figure out the group chat.
17:10:10 From Bernardita : perfect!
17:10:11 From lorraine : Hi. it would be helpful to know how much time we have for sharing so we know when to switch
17:10:12 From alee : did not work, the other person was not responsive
17:10:12 From Sheila : No sound. So we typed.
17:10:14 From Pratiksha : I was alone in my chat room, so was Brittany
17:10:14 From Monique Wright : it worked
17:10:14 From Patrice : It did not work for me : (
17:10:21 From Stacey : my speaker/mic wasn't working well
17:10:23 From Owner : difficulty hearing each other
17:10:27 From A. Whitten : It did not work for me
17:10:53 From Josette Souza : Tsheldon - can you text me? 970-215-3645
17:11:09 From K : I was only matched with someone who was on via phone I think. No video or audio with the person I was matched with.
17:11:26 From Josette Souza : K - that's fine - as long as you can hear and talk w them that's fine
17:11:37 From Adventuress42 : I'd had microphone issues before too and looked up some solves for that. It may be some settings you can change on your end
17:12:43 From Jen : the only problem we had was that we ran out of time, perhaps we could know in advance the length of the breakout room?
17:12:54 From Brittany Rea : we ran out of time too
17:13:13 From Brittany Rea : but i think it is harder to type than it is to used the mic
17:13:18 From Laura Anne Haave : In the ipad app, I get a 30-second notification of when the breakout room is going to close
17:13:33 From Pratiksha : I can't use the whiteboard
17:13:47 From Pratiksha : I couldn't use it the last time either
17:14:10 From Josette Souza : Pratiksha - what are you seeing?
17:14:12 From Dolores Tejada : i dont see a way to write on the board
17:14:14 From Josette Souza : Are you seeing the white board?
17:14:18 From Jessamyn : someone isn't muted
17:14:20 From Adventuress42 : Helpful
17:14:22 From Pratiksha : Other people writing on the board

17:14:28 From lorraine : the exercise is harder than it looks
17:14:52 From Dolores Tejada : yeah I don't see the white board but its okay
17:14:52 From Jessamyn : huh, maybe I don't have that option
17:14:53 From Adventuress42 : I don't see that
17:14:56 From Pratiksha : Not seeing it
17:14:57 From Bernardita : not seeing it
17:14:58 From Alli McCracken : not seeing the type option
17:14:58 From Liz Byrd : I don't see that, but it's ok
17:15:02 From Bernardita : I'm on the computer and can't see it :(
17:15:08 From Josette Souza : Sorry - you can write here with your words
17:15:10 From Y'honatan : I don't see it either.
17:15:11 From Aurora : If you are on the full screen, scroll up to the top center and it will say Josette's name. Next to that it says "options". Click on options, then "annotate"
17:15:11 From Jessamyn : it was fun for me, mostly
17:15:11 From Josette Souza : We'll figure that out
17:15:19 From Pratiksha : Found it!
17:15:22 From Josette Souza : Oooh aurora you're the best!!
17:15:32 From Alli McCracken : yeah I'll talk!
17:15:36 From Jessamyn : if we did a harder incident it might be harder
17:15:43 From NLap : i don't mind
17:15:53 From Jessamyn : for really intense experiences, I can get super angry
17:16:27 From Ben : thanks, Aurora!!
17:16:48 From Adventuress42 : I enjoyed the introspective recognition that what I felt is obvious behaviour isn't necessarily other people's reality but also really nice that my partner saw and pointed out that my feelings that I knew going in and felt I should have been able to deal with the person and find success that the reality I dealt with is still there, that the reality was not able to be productive. VERY helpful
17:17:03 From Aliya : That's a good call-Aurora
17:17:14 From Bernardita : yay aurora!
17:17:39 From Bernardita : i wrote and erased: but i wanted to say acceptance: i realize i can fall short and that's ok. having bloated expectations for myself and/or others is limiting
17:18:38 From Jessamyn : Bernadita that is huge
17:19:00 From abbyalexanian : I have to head out early, see you all next week!
17:19:17 From Kayla DeCant : I think it is really hard for me to know which reality to trust. So if my lenses change the actual events so much, or if they really were at fault, etc.
17:19:17 From Josette Souza : see ya!
17:28:46 From Sandra Kim : I'm closing out the break out rooms now
17:28:49 From Josette Souza : Kay
17:30:08 From jillianmiller : less triggering
17:30:12 From Jen : easier
17:30:16 From Adventuress42 : I feel that's just too much to go into, specifics even small bits of it to go back and forth of said and done, in such a small time
17:30:23 From Kayla DeCant : This was a lot easier to talk about, because it is easy to find out where your biases are.
17:30:25 From Adventuress42 : because conversations are so big
17:30:45 From Pratiksha : this was hard to do without feeling a little silly about one's own assumptions
17:30:47 From Dolores Tejada : I felt likewe both couldn't get into what was asked. Me because I couldn't see the question and was not able to reference all the instructions

17:30:56 From Sheila : Yes Identified some assumptions but challenging.

17:31:01 From rebekahgowler : we remember things through a filter, so it was difficult to separate my interpretation of words and actions and what was exactly said and done

17:31:19 From Adventuress42 : Dolores- i have the same issue so I write the questions and points down to help me refer to!

17:31:25 From Mareena : different situation, harder to tease apart assumptions and facts

17:31:32 From Jessamyn : I have definitely had moments in life when I was sure someone said something, and then I went back and looked at the text, and I was actually slightly off. So I know I tend to remember the worst interpretation.

17:31:45 From Adventuress42 : Great point rebekah!

17:32:49 From K : Rebekah, you took the words out of my mouth!

17:33:31 From Jessamyn : powerful noticing

17:33:38 From Alexis : How are people typing on the whiteboard

17:33:48 From Aurora : Trauma histories play a part in avoiding arrest as well. The kind of treatment faced in a prison would be massively triggering to me and bring back trauma memories.

17:33:50 From Brittany Rea : Options _> annotate

17:33:54 From Jessamyn : Alexis I had to go to the top dropdown, the annotate

17:33:56 From Kayla DeCant : click on the options button (should be in the top middle of your screen)

17:34:18 From Patrice : Don't we need to respect everyones personal comfort zone?

17:34:34 From Bernardita : I think that's the ideal, right?

17:34:46 From Kayla DeCant : I think for me the hardest part of these exercises is the reconciliation of multiple truths, and how to move forward with understanding that everyone in a party could be right and wrong at the same time

17:34:54 From Jessamyn : Oh gosh yes Kayla

17:35:02 From Jessamyn : well said

17:35:03 From Aurora : @Kayla, yes!

17:35:10 From Kayla DeCant : Like, that totally hurts my brain trying to piece that all together.

17:35:16 From Adventuress42 : Whoever is typing, pls mute yourself!

17:35:22 From tsheldon : Dang...this might mean that i am not always right! haha

17:35:42 From Bernardita : We box things up to make them make sense, but we can't because things don't make sense in that way

17:35:53 From Liz Byrd : @Aurora - yes, trauma has been an issue for me to navigate along with my white privilege (which makes me feel like I should put myself in those situations), but I have a trauma history too and it really terrifies me - constant struggle figuring out where my boundaries are while still pushing myself

17:35:54 From Bernardita : Ignorance IS bliss, they say

17:35:54 From Josette Souza : SORRY that was me!

17:36:04 From Alexis : This has been helpful for me to see the assumptions I am making. I also think many of my assumptions are true. And this exercise helps me to know what to ask more questions about of the other person.

17:36:33 From Aurora : @Liz - yes! Definitely I recognize that my white privledge helps me avoid my trauma triggers.

17:36:48 From Kayla DeCant : So if there are so many different realities how can we make sure we are doing things right in a social justice context that can benefit others? Because our reality of the issue could be misinformed

17:36:54 From Liz Byrd : Yes, and try to push myself while respecting myself and knowing my limits

17:37:05 From Jessamyn : I find it hardest when the situation reminds me of a childhood experience — much harder to allow that these people, now, may not be uncaring.

17:37:07 From Sheila : Love that analogy....

17:37:13 From Adventuress42 : It's so great to hear other people's experiences with this... it's nice to have some people able to feel 'able' in fighting the system to resist and risk arrest but also need to support and be totally ok with others who can not!

17:37:34 From Adventuress42 : and to have this understanding of why that may be, is really powerful

17:37:45 From Brittany Rea : ooh like that question

17:37:50 From K : I make up a story that is convenient for me sometimes when I do not know something.

17:38:36 From Monique Wright : but what if you arent ready for the answer

17:38:54 From Bernardita : repeating Kayla's question: So if there are so many different realities how can we make sure we are doing things right in a social justice context that can benefit others? Because our reality of the issue could be misinformed

17:39:06 From Kayla DeCant : I will ask my question

17:39:15 From Josette Souza : Go for it Kayla

17:42:10 From Patrice : Act (with questions and presence) but don't "react." When we "react" (knee jerk) that is an indication that we are operating with biases or being triggered.

17:42:38 From jillianmiller : I don't think we can be sure we are doing anything "right" in any context. We can only ask if our actions bring value to the dynamic

17:42:56 From Ben : that's a really good point

17:43:50 From alee : this is so helpful with dealing with triggers

17:43:57 From Kayla DeCant : 'right' might not be the best word here. More like to the benefit of the group.

17:44:24 From Jessamyn : I have had glimpses lately... what if I could be present when someone is trying to put something on me, and I don't take it on?

17:46:00 From Aliya : I like that Jessamyn

17:46:12 From Sheila : We deal with this alot in a Children's Violence Program.... boys making sexist remarks.... often not really his voice so have to ask questions.

17:49:57 From Aurora : Kind of like a play on the Adam Savage quote from MythBusters... "I *accept* your reality, BUT substitute my own (actions)"

17:51:45 From Jessamyn : ah me too

17:51:48 From Jessamyn : I don't ask

17:53:19 From Josette Souza : For people who had audio issues in the breakout room, try calling in. US - 646-558-8656,

17:53:30 From Josette Souza : Meeting ID: 521 568 884

17:53:41 From Josette Souza : int'l http://www.timeanddate.com/worldclock/converter.html?mc_cid=b6ad2ec384&mc_eid=800a4b8995

18:02:56 From Adventuress42 : I really enjoyed this session. Wish I could have done this a few months ago!! ;P

18:03:26 From Mareena : less baggage with acceptance of reality

18:03:45 From Jessamyn : When I said that I accept what this person said, I felt really clear about not wanting to spend time with them again. And I was able to feel calmly about that, instead of it being a forceful push away.

18:04:31 From Adventuress42 : SPot on, when they deny. How do we come round from flat out denial so we can't get on with discussion! YES

18:04:46 From Emily : It's a lot easier to encourage other people/friends who experience problematic interactions to step back and have a solutions-oriented approach than it is to take my OWN advice to not give into emotional triggers when it happens to me

18:04:48 From Kayla DeCant : Or when power dynamics are at play so that the conversation cannot begin.

18:05:18 From Sheila : Love the comment accepting what someone said takes their power away.

18:06:58 From alee : domination techniques, so much happens in activist spaces

18:08:08 From Aliya : so true

18:08:30 From Sheila : We run a men's violence program.... love to see them use this in group instead of challenging

18:09:25 From Pratiksha : "Expecting marginalized peoples to disregard their own emotions to calmly educate you is the epitome of entitlement." Read this somewhere & it resonates so much.

18:09:58 From Emily : healing the past part by part in each given moment - love that

18:10:35 From Adventuress42 : Pratik's: but that's what we are here to learn how to do, isn't it?

18:10:54 From alee : data informed anger, yo. like how can we respond differently to the facts? @Pratiksha

18:11:03 From Pratiksha : yup @adventuress42. Just thinking how hard it is, in that moment.

18:11:06 From Aurora : @Adventuress: There's a difference between us WANTING to and being EXPECTED to without consent =)

18:11:07 From Liz Byrd : I think we can still bring emotions into educating others, just not letting emotions run the show, but letting them inform the show. Maybe?

18:11:09 From Jessamyn : Totally hear you, Pratiksha. We get a similar expectation from the men in tech toward the women in tech, and sometimes I feel so frustrated. It's so unfair! Why do we have to do ALL the work. Sometimes I don't have the capacity, but when I do, I want to be able to do the work.

18:11:30 From Adventuress42 : Absolutely!! Why we have all this to talk about! Cause we all do it. Have trouble in the moment and don't know what to do.

18:12:04 From Pratiksha : @alee the day you discover that, let me know :)

18:12:24 From Jessamyn : "I accept that <person x> said <thing y>"

18:12:35 From Aurora : If I can balance prioritizing self-care with making sure a marginalized voice is heard, I'm in a good space

18:12:37 From Y'honatan : What Jessamyn said

18:12:38 From Patrice : We are responsible for our own thoughts, no one else's.

18:12:44 From Aliya : I REALLY liked what you said about energy and how the energy that we inhabit matters and affects a situation

18:12:46 From Alli McCracken : pause and reflect

18:13:01 From vbellaton : One step at a time

18:13:03 From lorraine : take-away: put my reactions on hold so I can clarify what just happened, explore the situation and figure out what to do

18:13:07 From Mareena : get in touch with owns internal reality wich is not external reality or the other,s internal reality

18:13:11 From Jessamyn : nice

18:13:11 From Dolores Tejada : acceptance is not excusing behavior, it's freeing you up to not get hurt

18:13:12 From Pratiksha : To separate realities! focus on WHAT happened rather than what we feel *feels impossible but we need to keep trying*

18:13:16 From Sheila : The statement that acceptance can take away from the power the other person has over me

18:13:22 From Liz Byrd : I'm reflecting on healing past traumas in present interactions and building capacity to skillfully engage while not disowning emotions

18:13:23 From Aliya : (I also really appreciate the part about how much energy becomes available to you once you accept what is)

18:13:28 From Adventuress42 : TO figure out how to stay in the moment enough to check in first, see my emotional state and not just see it but disengage from the emotional reaction to be able to see and hear what is. Just what is. Then respond.

18:13:52 From Emily : Does anyone have any thoughts on where « intuition » and « gut knowledge » comes into play, if at all, in this particular context?

18:13:56 From Pratiksha : @LizByrd that makes sense. *constantly fighting with that* hahaha

18:14:03 From Emily : Was this talked about at all already ?

18:14:04 From Liz Byrd : :)

18:14:27 From Pratiksha : @Aurora yes yes yes!

18:14:28 From Josette Souza : Not yet @Emily :)

18:14:32 From Jessamyn : Emily for me it is about my gut letting me know when to engage and when not to.

18:15:36 From Pratiksha : @Jessamyn that sucks. and i have noticed that they often feel (and have no problem saying it out loud) that women don't work as hard & hence don't deserve equal pay blah blah.

18:16:00 From Jessamyn : thanks for hearing, Pratiksha

18:16:03 From Liz Byrd : thanks all and see you next week! <3

18:16:08 From Jessamyn : you all rock!

18:16:10 From Brittany Rea : thank you!

18:16:12 From Bernardita : thank you all! thank you sandra and josette!

18:16:13 From Mareena : thank you

18:16:14 From Katrina Andberg : thank you!!

18:16:15 From tsheldon : Take care

18:16:15 From vbellaton : Thanks a lot

18:16:16 From Adventuress42 : wow!! Crazy. research keeps showing women get MORE done, not less!
THank you!!

18:16:17 From Josette Souza : <3

18:16:17 From alee : thank you!

18:16:17 From Aliya : Thank you!!!

18:16:18 From Ben : thanks you!!

18:16:19 From Pratiksha : @Jessamyn that's what we're here for to learn from each other

18:16:20 From Josette Souza : bye!

18:16:41 From NLap : thank you!!