

compassionate activism

Session 8 - Chat Log

17:56:10 From Brittany Rea : Hello from Ottawa, Canada
17:56:56 From Josette Souza : Hiii!
17:57:03 From Josette Souza : :) Greetings from Northern CO!
17:57:09 From Brittany Rea : Hi Josette!
17:57:24 From Brittany Rea : Is the weather nice where you are?
17:57:48 From Brittany Rea : It's beautiful here :)
17:58:02 From Jessamyn : it's warm here in Toronto at last!
17:58:03 From Josette Souza : YEEES
17:58:07 From Josette Souza : Suuunny finally
17:58:10 From Brittany Rea : !!!
17:58:59 From Sandra Kim : It's FINALLY warm today and not rainy - in DC
18:00:13 From Shari : Shari here from LA.
18:00:25 From Mareena : yes it's nice to see the sun again :)
18:02:17 From Pratiksha : the pink panther theme as background music!!! :)
18:02:21 From Josette Souza : Hahah yes!
18:03:15 From Josette Souza : josette@everydayfeminism.com
18:03:23 From Josette Souza : <https://zoom.us/download>
18:03:50 From Jessamyn : I would be very happy if we finished on time at 8pm today.
18:13:03 From abbyalexanian : for some reasons Sandra's voice keeps getting softer and louder again - is there competing audio?
18:16:18 From Jessamyn : so hard :/
18:17:50 From Josette Souza : @Abby - oh i didn't hear the audio go in and out
18:18:00 From Jessamyn : I heard what Abby heard
18:19:18 From Aliya : me too
18:19:26 From Josette Souza : Hmmm, weird! Okay I'll ask Sandra about it
18:19:37 From Jessamyn : that is a very hopeful perspective
18:20:24 From Esther : Can Sandra come with me to my mom's house to help me practice
18:20:31 From Josette Souza : Hahaha
18:20:36 From Josette Souza : That'd be awesome
18:21:14 From Alexis : I only had audio issues when trying to listen through the computer. When I switched to the phone, there in and out stopped.
18:21:32 From Josette Souza : Good to know!
18:21:36 From abbyalexanian : sounds good so far!
18:21:36 From Alexis : good
18:21:39 From aa : thumbs up
18:21:45 From Laura Anne Haave : That seems better!
18:21:55 From Akila Richards : yes much better thanks
18:22:12 From Aliya : haha
18:22:55 From Esther : that's a great idea thxs Josette and Sandra

18:23:16 From Josette Souza : It's a short training too. :)

18:25:00 From Akila Richards : I recently had a bereavement and was drawn into a very distraught verbal exchange. It basically came down to my wishes in how the burial could take place was seen irrelevant as opposed to them taking care of the financial side. This was very painful as I am not able to financially but really felt that my other contributions of ceremony and logistics were just as important. We did not talk for a while and now the theme does not get mentioned and the funeral is coming up and I find myself stuck how to move on from this ...

18:26:10 From abbyalexanian : I'm so sorry for your loss, Akila, and also for that person's invalidation of your contribution!

18:26:19 From Pratiksha : 1) When we invite others to share their internal realities how do we seem receptive without coming across as we are asking them the questions just to prove them wrong/argue with them? How do we phrase our questions in a way that embodies humility, compassion and in a way that shows that we are genuinely interested in knowing why they think/act the way they do?

18:26:57 From Alexis : just one???

18:27:12 From Josette Souza : Which ones, plural. :)

18:27:54 From Akila Richards : Thanks Abby

18:30:34 From Brittany Rea : My deepest condolence Akila

18:32:28 From lorraine : Akila, that sounds so very tough to deal with. I feel for you in your struggle.

18:36:34 From Mareena : hugs

18:36:56 From Aliya : Sending you so much love <3

18:38:44 From lorraine : sometimes grief includes grieving the loss of the parent we wished we had and the parent we needed ot have...but didn't have. Many layers to grief.

18:39:24 From Pratiksha : so true Lorraine

18:39:42 From Jen : so true

18:39:49 From Josette Souza : So much love to you Akilah

18:40:02 From Pratiksha : Hugs Akila

18:41:18 From Sheila : So sorry for the loss of your mother.... it is a great and signigicant loss.... I hear your pain but also your deep respect and appreciation of her.... a big hug

18:41:43 From Jen : Akila, I'm sending you so many hugs and so much love. I'm so sorry for your loss in all the ways that you lost her.

18:42:34 From Alexis : Sending you love and light, Akilah.

18:53:15 From Sheila : How powerful..... as women... we are human and forced to fight a fight and the cost is being open to love as much as we desire..... thank you for that insight....

18:54:45 From Josette Souza : Thank you so much Akila

18:54:47 From Josette Souza : <3

18:55:04 From Shari : Thank you for sharing, Akila.

18:55:05 From Aliya : Such an amazing moment, thank you so much for sharing this with us Akila

18:55:07 From Aliya : <3

18:55:08 From RFVega : Thanks, Akila

18:55:09 From lorraine : breathing is good
18:55:11 From Alexis : That you, Akila.
18:55:47 From Ben : Thank you, Akila, and hugs to you.
18:57:48 From Akila Richards : Thank you everyone for being witness and listening and for your good words
18:58:07 From Jen : <3
18:58:08 From Josette Souza : <3
19:03:26 From Alexis : So, for this fourth practice - is it recommended to practice the conversation in our visualizations before actually having them?
19:04:35 From Alexis : Can you paste the mindfulness list in the chat box?
19:04:53 From Sandra Kim : What are the common ways I engage in toxic swirl in these situations?
What's the impact on the other person and on me when I approach them from the toxic swirl?
What specific ways could I approach it that's coming from a place of mindfulness?
What might the impact on the other person and on me be when I approach it from mindfulness?
19:05:17 From Alexis : I missed choosing from the mindfulness list
19:05:49 From Josette Souza : @Alexis - it's on the screen now
19:06:00 From Alexis : Thx.
19:06:10 From Josette Souza : You can take a screenshot too to have it in the breakout rooms
19:07:23 From Alexis : Thank you. That was helpful.
19:08:43 From aa : can we do groups of 3?
19:14:21 From Akila Richards : Hi sorry for not being in the break out session, really tired and need to take time out. See you at the next session.
19:21:30 From KaiEoa : I was by myself :C
19:21:38 From Kayla : How our identities can affect our realities.
19:21:39 From aa : u was with yo self!
19:21:48 From Josette Souza : I realized that I don't explain my internal reality
19:21:50 From Kayla : And how hard it is to leave the toxic swirl when it is about yourself versus when it is with others
19:21:54 From Priya Walia : When approaching from a place of mindfulness, it helps us (me) not contribute to negativity
19:21:56 From Jessamyn : I realized that the biggest thing I can do to help myself is to give myself a little break.
19:21:57 From Monique Wright : the timing is important
19:22:04 From abbyalexanian : how much energy the toxic swirl takes
19:22:14 From nziemba : It has helped me a lot to take a breath before responding. It helps me leave space, gather myself, and be present in the interaction rather than reacting to it
19:22:15 From Jen : I think I turn curiosity into another toxic swirl
19:22:23 From Esther : learning to pay attention to toxic swirl approaching and pause
19:22:30 From Sheila : Afraid to see their reality for fear of loosing and not honouring my reality

19:22:34 From Alexis : I can choose to be vulnerable and share my internal reality instead of wishing things were different and that folks just "got me" based on the principles of whatever we are in disagreement about.

19:22:48 From KaiEoa : Jen, I'm interested in hearing more about what you mean.

19:23:00 From aa : one of my mantras is "Your ego is not your amigo" - which helps in not going to the toxic swirl...

19:23:03 From lorraine : hard to hand on to my own reality and set it aside while I check in to find out the other person's reality. need to learn to hold both realities at once, without losing my own.

19:23:08 From Ben : it's easier for me to be in toxic swirl via email/internet and easier to be curious in person

19:23:11 From Laura Anne Haave : Many upsetting things happen over email or second hand ("I heard..."), so I've found that talking to the person face-to-face and asking questions really helps get out of the toxic swirl

19:23:19 From RFVega : I kind of double dutch in and out of the toxic swirl. I am learning to pause as many times as necessary.

19:23:19 From Mareena : shoulds prevent movement/forward progress

19:23:29 From Monique Wright : sometime curiosity comes after the toxic swirl,ceck in

19:23:39 From aa : using languag like - I noticed that...I wonder if...

19:23:47 From Shari : I was by myself in the chatroom, so I did the exercise by myself. And my biggest issue is reacting to being dismissed/unheard in anger. And if I stop to breathe and question/sit with where my reactions are coming from, and breathe some more, I can be in a more calm space to decide whether or not to engage.

19:24:58 From Brittany Rea : Sorry people, my internet connection is unstable. I keep getting kicked out of zoom.

19:25:00 From Jen : @KaiEoa I've learned to wait in certain situations instead of reacting on the spot. And I do get curious about the other person's internal reality, but many times I end up just working myself up again

19:25:30 From Mareena : allowed not to engage

19:33:26 From Laura Anne Haave : I think we had enough time to talk about all the questions, but I might have forgot one

19:33:33 From Mareena : Sandra, what happened to your wrist?

19:34:56 From Jen : i'm back

19:35:05 From Mareena : couldnt tell :)

19:36:07 From Shari : I'm here, just have to run to the kitchen. I have my speaker with me. :-)

19:36:33 From Jessamyn : so true

19:39:58 From Pratiksha : Thanks for addressing my question, Sandra. I think my problem lies in the fact that I have most of these conversations on text.

19:41:06 From Jen : @Shari me too! I'm baking a cake :)

19:41:17 From Josette Souza : Yum! I want a piece. :)

19:41:32 From Jen : sure! cake going your way :)

19:41:34 From Alexis : cake!!

19:41:40 From Josette Souza : :V :V :V

19:41:56 From Shari : This is such an amazing point.

19:42:13 From Alexis : This is a master class in boundaries!

19:42:35 From Jen : yes, I honestly thought it meant compassion towards the other
:\$

19:43:09 From Ben : me, too. this is so helpful!

19:43:43 From abbyalexanian : what to do if you aren't in the position to ask and
inquire?

19:44:38 From abbyalexanian : For instance, if the person is already gone?

19:47:28 From nziemba : Sometimes it seems to me that the only option available
to me to stay engaged in the situation is to deny and/or suppress my emotions. This
may happen when I feel overwhelmed by how angry or upset I am, or when it seems to
me that the only way to relate respectfully to the other person is when I don't act on my
emotions. Has anyone else come up against that? What do you do?

19:49:01 From Ben : @ nziemba - I definitely feel that way too at times, but not
sure I have any good advice.

19:49:20 From Jen : @nziemba I've done the same. Sometimes what I do is I have
the conversation later, because I know I would feel terrible if I got angry and said hurtful
things

19:50:04 From Jen : @nziemba I've started saying "I'm angry/hurt/frustrated and
I'm not taking this out on you... "

19:50:58 From nziemba : True, that can be helpful. I've found that it's easier for me
to come back to the conversation later if I still feel like I have things I need to get out

19:51:30 From nziemba : That second option sounds a bit more intimidating to me,
but perhaps I could try that

19:51:31 From Jen : I find that if I do not address the situation, I would either resent
it or it may happen again

19:52:24 From nziemba : Ya, I do find I harbor a lot of resentment...

19:52:45 From nziemba : Yes, that's exactly what it feels like. Silence or lash out

19:53:25 From Alexis : This requires spaciousness.

19:53:39 From Jessamyn : in the crucial conversations model they call it silence or
violence

19:53:48 From KaiEoa : I have a hard time accepting that sometimes its okay to
prioritize myself and step back when I feel like it might be best for me. I feel like I have a
responsibility to push myself to try to help the other person, to turn the situation into an
opportunity for them to learn and grow.

19:54:09 From Sheila : yoga time.... thank you again

19:55:00 From abbyalexanian : thanks!

19:55:33 From Josette Souza : Bye Sheila, have fun!

19:55:39 From Josette Souza : You're welcome abby!

19:55:44 From Jen : @KaiEoa, last week I did something for my own sake and I
told this person that what he did had hurt me. I never thought that it would turn into an
opportunity for him to turn the situation around, but it did.

19:56:46 From Jen : Of all the things I've ever done in my life, the ones I've done
truly for myself are the ones who have had the most positive impact in my life. It is just
hard to remember on the day-to-day rush

19:57:59 From RFVega : @ Jen, I totally understand this

19:58:37 From KaiEoa : thank you!

20:00:16 From abbyalexanian : I have to go, see you all next week!
20:00:21 From Josette Souza : Byeeee!
20:00:23 From Esther : y'all are awesome have a goodnight
20:01:04 From Shari : That compassion is first and foremost for yourself.
20:01:10 From Josette Souza : That what's under the pain is about me and I can
prioritize it
20:01:13 From Jen : ^^
20:01:17 From KaiEoa : In order to be a face of compassion and healing in the
world, we must first attend to our own hurts, needs, and desires.
20:01:20 From nziemba : It's not an either/or, it's a both/and. My reality and their
reality (and also what actually happened). A multiplicity of truths
20:01:21 From Alexis : I can't assume that someone knows my internal reality and I
can choose to be vulnerable and share that.
20:01:34 From aa : Compassion: there is no try, just be.
20:01:38 From Ben : it was helpful to recognize the ways i default to toxic swirl and
the ways i'm mindful - good to focus on ways i can improve
20:01:43 From lorraine : the key to start the process is to pause, breathe and try to
understand my own deeper reality
20:01:48 From Pratiksha : how energy is more important than words
20:01:51 From Laura Anne Haave : I feel like I have to somehow confront a toxic
environment of electronic and second-hand communication by asking for more face-to-
face communication with humility and curiosity present
20:01:53 From Jessamyn : how much I do the toxic swirl stuff to myself
20:02:13 From RFVega : Get back to steps 1, 2, and 3 when I get sucked back into
the swirl. Get to the bottom of my pain in order to move forward.
20:02:43 From Mareena : compassion first and foremost for yourself****
20:02:49 From Jessamyn : thank you all!
20:02:53 From Josette Souza : Thanks everyone!
20:02:56 From Jessamyn : much love to Akila
20:02:57 From Pratiksha : @LauraAnneHaave me too!
20:02:59 From Mareena : thank you
20:03:00 From Josette Souza : <3
20:03:02 From Jessamyn : that was so powerful
20:03:17 From KaiEoa : Thank you all! Especially Jen and Akila!
20:03:20 From Brittany Rea : Tank you Sandra, Josette and Akila :-)
20:03:22 From Pratiksha : thanks all!
20:03:26 From Josette Souza : <3!
20:03:32 From Brittany Rea : thank*
20:03:46 From Shari : Thank you!
20:04:48 From Jen : I was wondering about that webinar! Thanks for clearing that
up :)
20:05:01 From aa : can u email us a reminder...?
20:05:09 From Josette Souza : We shall!
20:06:22 From RFVega : Thank you everyone!!!
20:06:30 From Brittany Rea : lol
20:06:31 From Jen : thank you!

