

**Kathryn Ford, M.D.**

**Exercise: Slowing it Down**

Choose a topic to discuss, something which is not the hardest thing you need to talk about, but also not the easiest.

In order to slow it down, which is not so easy, I want you to exaggerate. I want you each to speak in shorter pieces, one or two sentences. And I want you to leave a space between speakers of about the same length as you take to speak your two sentences.

Sort of like a tennis match. For most of the time in tennis, the ball is not being hit by either player, but is in the air traveling. And during that time players are observing very carefully - the ball, the other player and their own body, position etc. Your conversation should be a bit like that.

Proceed with your topic for 20 minutes as described above.

Each of you reflect and write:

What did you notice as you did this?

What was hard?

What was easier?

How did slowing it down change your conversation?

Was it easier to pay attention to apertures?

Discuss:

Spend a few minutes discussing your experiences.