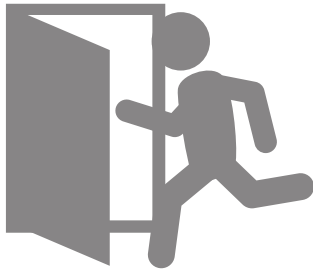


# Verbal Aikido

1 - What can I **see** and **hear**?



4 - What **Away** move could I be seen doing ?



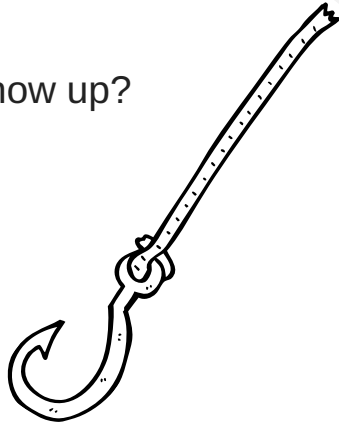
5 - What **Toward** move could I be seen doing?



A w a y

T o w a r d

2 - What **hooks** show up?



3 - How do the hooks **feel**?  
Where **in my body** do they show up?



6 - Who/What is **important**  
in this Toward move?



7 - How does Who/What is important  
in this Toward move feel?  
Where **in my body** does it show up?

Choose a past, present or future situation, identify when and where it happened or will happen. Start at question 1 and move through to question 7. Then notice the difference between how it feels down left (question 3) and how it feels down right (question 7). It may be different than feeling good vs. feeling bad!