

**HOW DO THESE FEEL TO SAY?**

Wait a minute... I would like to understand you and I was still thinking about what you just said... does it work for you if we think about that for a moment?

Oh, wait a minute... just... I want to stay connected with you... are you open to blowing down a bit?

Wait a minute... this is new information for me that I just want to really process. Can you imagine that I need some time to do this?

Whoa Stop... I'm getting a bit overwhelmed by the amount of information and need a break to process it... can you imagine?

**We "warm up our vocal cords!"**  
 We practice daily to grow our skills and awareness when it comes to interrupting with care.

On the back of this zine we printed a practice sheet with a couple of suggestions we all focus on this week. You can fill in the rest to meet your own practice needs. Just unfold it :)



Happy interrupting! And to support our connection with you, and the quality of this zine: will you let us know if you have a concern, a celebration, or a tip for us at [attention@thedailyinterrupter.earth](mailto:attention@thedailyinterrupter.earth) or +316 14189776

I asked my partner to listen to my request and explained that I was looking for collaboration on where to set my boundary. I have for myself and how to keep it. He got defensive and was talking and talking. I put my hand up to signal "stop" and told him, "I'm interrupting you. You are talking a lot and I asked a yes or no question. Are you open to collaborating with me on this boundary?" he replied enthusiastically, "Yes! and I'm glad you stopped me." I felt a sense of relief come over me that we had a path forward and pride that I had heard my first "I'm glad you interrupted!"

Subscriber #7 from East Coast Turtle Island.

**The daily interrupter**

I'm glad you interrupted!

**issue #1**  
 we don't talk faster than we can feel

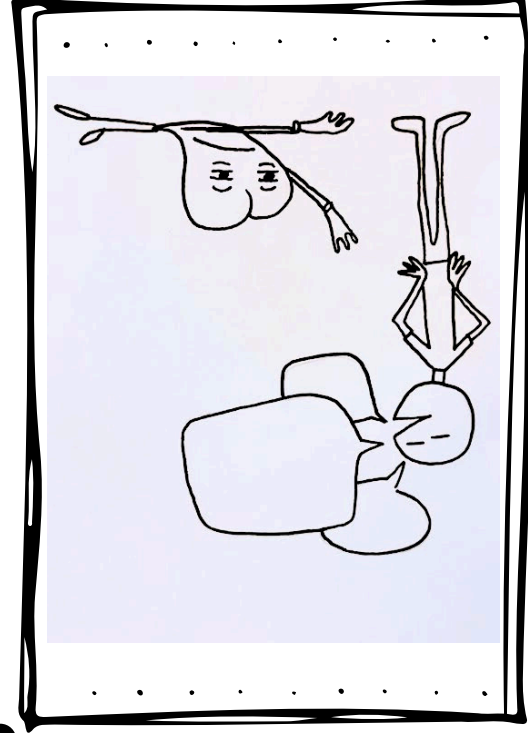
Interrupting ourselves and others with care since 2015.

**Incoming Mail**

I write to celebrate an "I'm glad you interrupted-moment" with my partner. I have been struggling with a situation regarding my partner that could potentially harm our relationship. I felt confused on how to get resolution when previous attempts were not successful and I felt myself wanting to pull away. So I decided to interrupt myself and sat down with my practice sheet. I discovered that I was blaming him for crossing a boundary, but I wasn't exactly sure what the boundary was. I felt stuck, hopeless, and discouraged thinking "I knew this relationship wasn't a safe harbor, I need to get out before I get hurt". Through the process, I saw the need in myself for collaboration. I had been feeling so alone and doing all of the emotional heavy lifting.

**Our Shared Intention**

We treat ourselves and others with care, even when we don't have a sense the other person is treating us with care. We practice daily to grow our capacity to do so!



**Letter From the Editor**

How is your practice going? My buddy Erik once said "Thoughts go about twice as fast as feelings." That rang true for me. What I learned from him is that if I can talk at the pace of feelings, my conversations have way more flow than when I go at the pace of my habitual thinking. This realization makes life simpler in a way. We only have to notice when we are going faster than we can feel and pause ourselves...or pause the other person, by saying something like: "oh wait a minute...I want to stay connected to you and this is going faster than I can feel...I want to see if I got what you were saying, are you open to me doing that?"

**What's blocking connection?****Thoughts ...**

Example:  
Goddamnit!  
Fuckin' hell...  
Here we go again...

(what is your body language doing?)

**Can you find tension in your body?****Feelings ...**

Example:  
Disgust...  
Guilt...

(Where do you feel these in your body?)

**"SIGH"  
Needs ...**

Example:  
Dignity....  
Care...

(Has your body relaxed? Are you ready  
to turn toward connecting?)

**Universal Compassion  
Interrupting with care ...**

Example:  
(Make a gesture...)  
"Oh, hold on... I'm pausing  
myself/you because I notice \_\_\_\_.  
I need \_\_\_\_\_. Are you open to \_\_\_\_\_?"

We practice OUT LOUD to increase our chances of speaking up with openheartedness next time!

# The daily interrupter

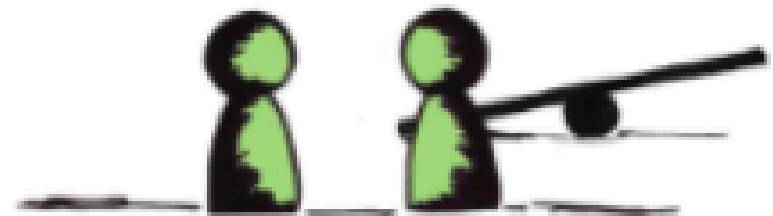
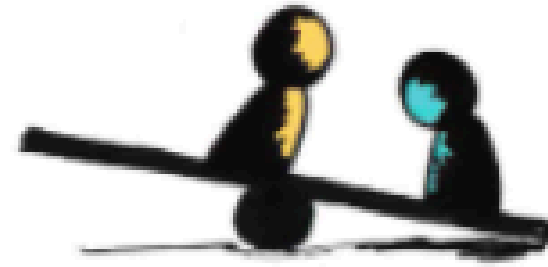
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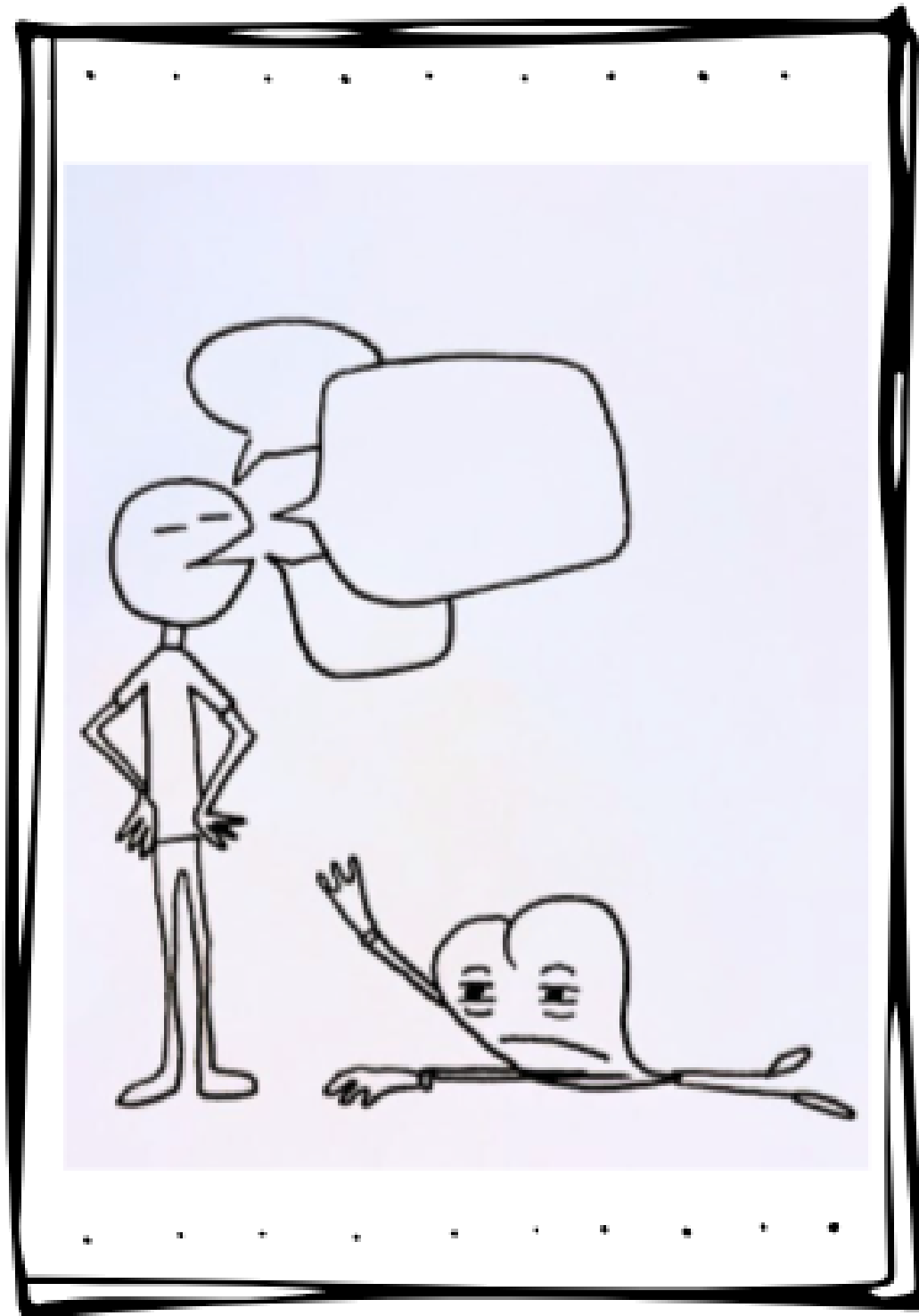
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