

HOW DO THESE FEEL TO SAY?

I'm not able to come to you with the openheartedness I'd like to. I want to pause myself to return to a peaceful state before we continue. Are you open to me taking a minute?

I notice myself turning away... but I want to stay connected to you...sigh...I want to see if I'm understanding you...are you open to me trying to understand you?

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

Unfold the zine to find a new practice sheet, related to our current "issue." We offer you suggestions to practice, with space to fill in what you want to work on.

Happy interrupting! 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 OR +316 14189776

:) Free From Copyright

THE DAILY INTERRUPTER
 Pausing ourselves and others with care since 2015

issue #3 -
 am I still able to see the other person as a human being?



Subscribe to The Daily Interrupter here

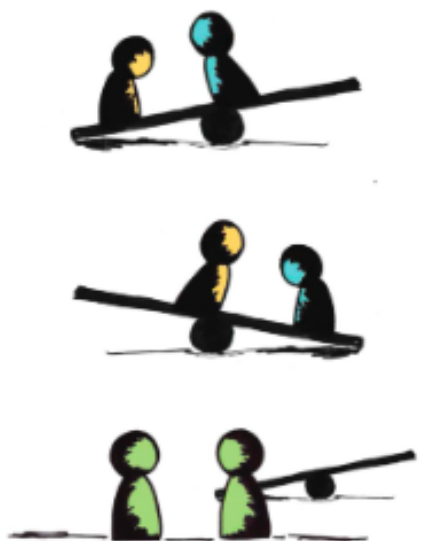
Our Solicited Advice Column

One of our readers asks: Does this interrupting stuff work with kids too?
 Answer from your publisher (aka Nature Laura):
 Yes! For instance, in this situation at forest school... Across our basecamp I could hear two children loudly shouting demands back and forth about how they wanted their fort building project to go. I approached in a state of compassion toward the human being-ness of these kids. After a while of observing their shouting, I got their attention repeating in my usual voice, "hey... hey... I want to interrupt you two. And, smilingly, I notice you're both shouting what you want the other to hear. I'm curious if either of you is actually hearing what the other is saying this way? One of the kids looked me in the eyes with a huge smile of realization on her face, turned to her friend, and said, "hey, do you want to try my way? ... Collaborative conversation ensued, along with peace and a sense of effectiveness for me. So, yes, I advise you to interrupt kids when you are compassionate to their humanity, and to support yourself and them to get all needs met.

Do you want to sign up for our next 8-week online course? This QR code brings you to our info, sign-up, and crowdfunding page!



We meet for 8 consecutive Sundays at 10am New York 4pm Central Europe 7:30pm India



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 never give up this power!

Letter From the Editor

For about a year, I drove around eight youngsters from home to school and back. Usually the bus got pretty rowdy when I was not fully openhearted. On one of those afternoons, I noticed myself getting all worked up. A "feud" between two groups in this small bus got louder and louder. I could see the thought come up: "Why can't you just live and let live...you little motherf...." I felt the urge come up to scream "SHUT UP!". Instead I took one sigh and I paused the car. I said I wanted to step outside for one minute to catch my breath. One youngster said with a somewhat "nagging" tone: "Oh why do you have to get out now?" I turned towards her and said with straightforwardness and gentleness: "Because I don't see you as a human being anymore and I WANT to be able to treat you with respect and dignity again." Her face relaxed and she said: "Ok, yes, please take a minute."

Workshop
 12h - 15h
 How to talk to people who don't go to workshops

Dankjewel, Quirien, for this cartoon :)

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

Example:
Whatever...
I hate you...
You're a jerk (a-hole, b*tch)...
I'm so pissed that you would...
Nothing I say to you matters...
Shut up!...

(what is your body language doing?)

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

Example:
apathetic...
outraged...
frazzled...
detached...
furious...

(Where do you feel these in your body?)

**"SIGH"
Needs ...**

Example:
support...
peace...
autonomy...
safety...
empathy...
to be seen...
dignity for all...

(Has your body relaxed? What do
you really want in this connection?)

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

Example:
(Make a gesture...)
"Oh, hold on... I'm pausing
myself/you because I notice I'm not
able to arrive at ____ with you.
I need _____. Are you open to _____?"

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



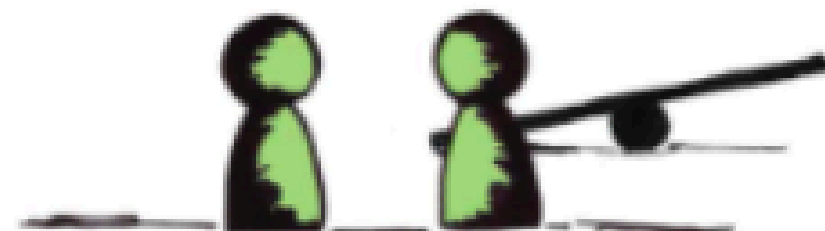
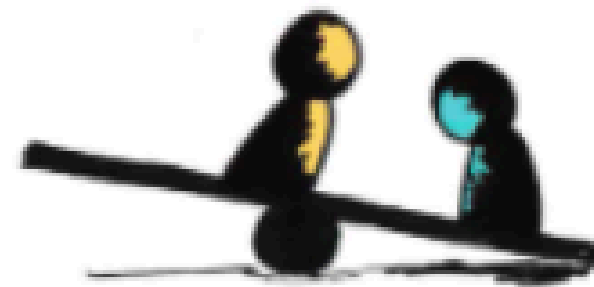
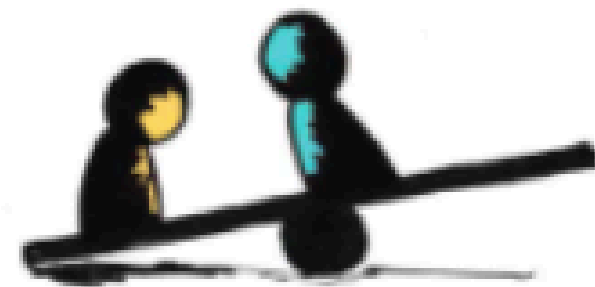
THE DAILY INTERRUPTER

Pausing ourselves and others with care since 2015

issue #3 -
am I still
able to see
the other
person as
a human
being?



Subscribe to The Daily Interrupter here



Our Shared Intention

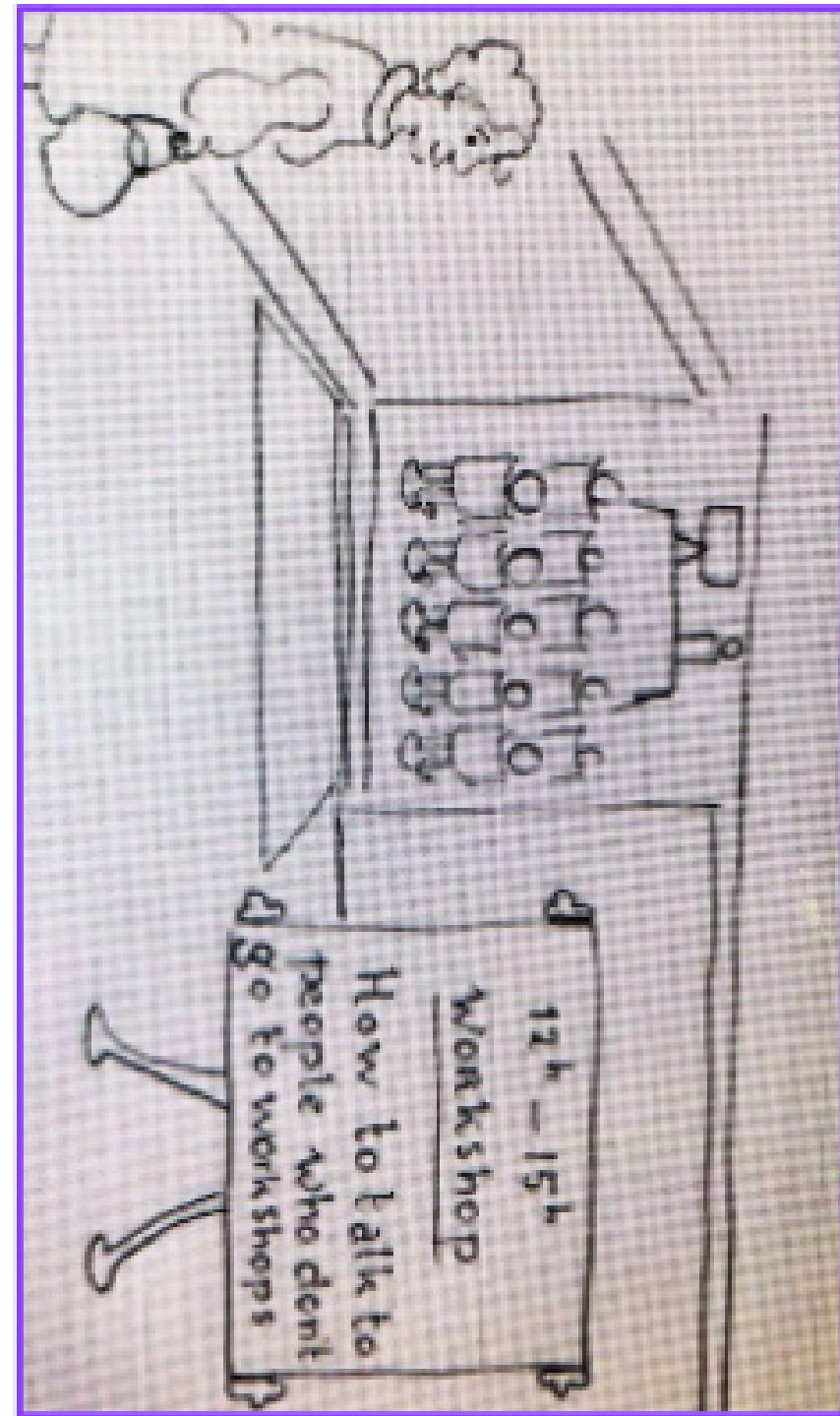
We treat ourselves and others with care, even when we
don't have a sense the other person is treating us with care.

We never give up this power!

Letter From the Editor

For about a year, I drove around eight youngsters from home to school and back. Usually the bus got pretty rowdy when I was not fully openhearted. On one of those afternoons, I noticed myself getting all worked up. A "feud" between two groups in this small bus got louder and louder. I could see the thought come up: "Why can't you just live and let live...you little motherf...." I felt the urge come up to scream "SHUT UP!". Instead I took one sigh and I paused the car. I said I wanted to step outside for one minute to catch my breath. One youngster said with a somewhat "nagging" tone: "Oh why do you have to get out now?" I turned towards her and said with straightforwardness and gentleness: "Because I don't see you as a human being anymore and I WANT to be able to treat you with respect and dignity again." Her face relaxed and she said: "Ok, yes, please take a minute."

Dankjewel, Quirien, for this cartoon :)



Do you want to
sign up for our next
8-week online course?
This QR code brings you to
our info, sign-up, and
crowdfunding page!



We meet for 8 consecutive Sundays
Starting March 30
at 10am New York
4pm Central Europe
7:30pm India

Our Solicited Advice Column

One of our readers asks: Does this interrupting stuff
work with kids too?

Answer from your publisher (aka Nature Laura):

Yes! For instance, in this situation at forest school...
Across our basecamp I could hear two children loudly
shouting demands back and forth about how they wanted
their fort building project to go. I approached in a state of
compassion toward the human being-ness of these kids.
After a while of observing their shouting, I got their
attention repeating in my usual voice, "hey... hey... I want
to interrupt you two." And, smilingly, "I notice you re both
shouting what you want the other to hear. I'm curious if
either of you is actually hearing what the other is saying
this way?" One of the kids looked me in the eyes with a
huge smile of realization on her face, turned to her friend,
and said, "hey, do you want to try my way?" ...
Collaborative conversation ensued, along with peace and a
sense of effectiveness for me. So, yes, I advise you to
interrupt kids when you are compassionate to their
humanity, and to support yourself and them to get all
needs met.

I notice myself turning away...
but I want to stay connected to
you...sigh...I want to see if I'm
understanding you...are you open
to me trying to understand you?

HOW DO THESE FEEL TO SAY?

I'm not able to come to
you with the openheartedness
I'd like to. I want to pause
myself to return to a peaceful
state before we continue.
Are you open to me taking a
minute?

We "warm up our vocal cords!"

We practice daily to grow our
skills and awareness when it
comes to interrupting with care.

Unfold the zine to find a new
practice sheet, related to our
current "issue." We offer you
suggestions to practice, with space
to fill in what you want to work on.



Happy interrupting! 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
OR +316 14189776

:) Free From Copyright