

**HOW DO THESE FEEL TO SAY?**

Wait a minute... I want to hear you, member said to me; after I had interrupted "oh Yyes, you always want to feel things and slow down, but now is not the time." I took a breath, checked in with myself and replied: "Yes, I do want to slow down and work this out in maybe 5 minutes with you, because it would be more relaxing than if we leave this conversation and you and I have to process this by ourselves for half an hour and then we have to have another conversation about it the next time we see each other. Does that make sense?" My family member said with a smile and a relaxed face "ok, that makes sense, yes, let's work this out now."

I've heard this story before... I would like to understand what is so important to you that you're telling it again... Would you like to say something about that?

I would like a little more balance in the conversation... can you imagine that?

Sigh... I wait a minute... I would like a little more balance in the conversation...

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**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 in each 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](mailto:ATTENTION@THEDAILYINTERRUPTER.EARTH) OR +316 14189776

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# THE DAILY INTERRUPTER

issue #2 -  
it's not  
them... we're  
draining  
ourselves



Interrupting ourselves and others with care since 2015.



(cont'd next page)

**Our Solicited Advice Column**

Dear editor,

I'm liking this whole interrupting business. But I'm also afraid that interrupting can also be abused to play yet another power game.

**ANSWER FROM THE EDITOR**

Yes, with great power comes great responsibility. You know if you have "abused" this power, if after a conversation you still feel some tension. One way that can help to use this power wisely, is to have your aim for interrupting clear and maybe even express that to the other person, when they suspect you playing a power game.

**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**

Yesterday morning I had breakfast with a friend and I asked her how her evening with some people had been. "I was so bored, because the people were draining my energy." I listened to her for a while and after ten minutes of presence I heard her sigh. Then there was a pause. And then I said: "I have a perspective that could give you even more relaxation and freedom, are you open to hearing it?" She was. I said: "when I think other people are draining me, I give away some of my power. That they control how I feel. Instead I like to think I'm draining myself. This thought gives me more power to improve the situation." My friend replied with a big smile: "You're right, I'm doing this to myself, and blame them for how I feel. Yes, I feel so liberated. Next time I can just speak up and ask for what I need."

*Think twice about this one*

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

Example:

You're an energy vampire...

You just want attention...

I have to keep giving to you...

I have to keep receiving from you...

(what is your body language doing?)

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

Example:

Overwhelm...

Powerlessness...

Blame...

(Where do you feel these in your body?)

**"SIGH"  
Needs ...**

Example:

Choice....

To matter...

Inner power...

Personal Responsibility...

(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 \_\_\_\_.

I need \_\_\_\_\_. Are you open to \_\_\_\_\_?

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



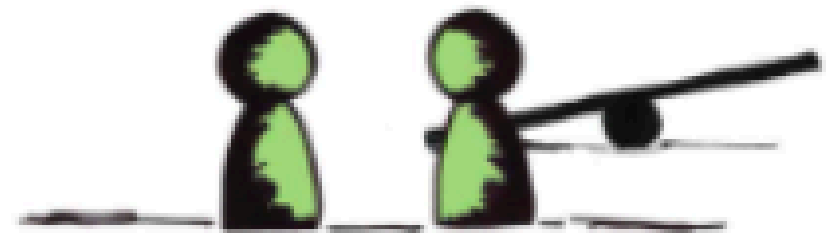
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I'm glad you interrupted!

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*Wait a minute...I want to hear you,  
and I was still thinking about my  
story... would you be open to saying  
something you got from my story?*

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