

## What is it for?

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To consider that others lives are as rich in experience, desire, loss, joy...as yours.

## Time & People

.....  
20 – 30 minutes  
Any number of people

## Materials

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None

## Source

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David Robinson, Seattle, USA

## And also...

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This is a deep dive - it invites more openness and empathy

The debrief can happen in a number of ways. We often let participants spend a few moments with their partners informally debriefing, sharing experiences. Then we either instruct them to sit with their partners to share insights, experiences, stories followed by a group debriefing, or we sit and as a group hear the insights. This debriefing session is more about processing the experience than about identifying lessons or abstracts.

## Description

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Set Up: Generally, participants have just moved through an exercise that included greetings or some physical awareness around communication. Then, participants stand facing each other (in pairs) and I leave them there long enough to be self aware and a bit uncomfortable. I ask them to close their eyes, which is usually a relief.

The Sequence:

- With eyes closed, I am going to ask you to remember 5 things but I want you to remember them through your senses, how they felt, smelled, tasted, etc.  
With each instruction, allow them time to be in the memory, a few minutes before moving on.
  - Remember your favourite childhood game. How did it feel to play? What were the sounds? Smells? Textures?
    - Let that go.
  - Remember a sanctuary, a secret place, a place you go to rejuvenate or escape. How does it feel to be there? What are the smells?
    - Let that go.
  - Remember your first love...
    - Let that go.
  - Remember your greatest loss...
    - Let that go.
  - Remember your most potent learning. What is the greatest lesson you ever learned? How did that come to you? How did it feel?....
  - Open your eyes and look at this person facing you. Recognize that their memories were just as potent, just as specific, just as rich as were yours – and that is true of every human being you pass on the streets every day.