

## DIRECTIONS FOR WORKING WITH A PRACTICE PARTNER IN A PEER PRACTICE GROUP.

The purpose of doing the Weekly Practice is to provide varied and regular opportunities for practice with a willing partner. These are some suggestions for developing your own set of guidelines for working with a practice partner:

1. Try to take five minutes before the call to get yourself prepared. In practical terms make sure you have your partner's contact information, and the weekly questions to address with your Practice Partner.
2. We recommend taking between 30 to 60 minutes for the call.
3. For the actual call, though we recognise that many of us may habitually like to get straight to the practice content with a mind to accomplish as much as possible. Check in with your willingness to be present, as well as being clear about what you want to accomplish. we recommend that pairs follow a similar outline as in the Monthly Circle e.g.
  - a) *Start out with a minute's silence and a check-in.*
  - b) *Then check the time you have to practice, and how much flexibility you have around your ending time..*
  - c) *State clearly the kind of empathic response you would enjoy receiving during your weekly conversation.*
  - d) *Decide who will speak first and for how long. The speaker speaks for the allotted time, and the listener reflects back what he or she heard.*
  - e) *Follow the suggestions in the Weekly Message for your conversation.*
  - f) *Harvest your practice.*