

Tilting towards Speaking with myself compassionately Role Play

1) Identify the jackal

- + Go down the jackal hole: **If this is true, it means...**
- Take the jackal that touches you the most, and:

2) How does it feel in the body?

How does it feel now in the body (sensations) when you think this thought?

3) Role Play

Placement: split you into 2:

- ✿ You are your '**Jackal voice**' = the part that is judging
- ✿ I am '**you**' = the part that is being judged

Empathy perspectives: A. All jackals try to help the system
B. Jackal language is a lie (tragic language)

- **Stay until connecting with the beautiful message** of the jackal.
- + **Sometimes: Change Roles:** Sometimes, while the person is expressing the 'jackal' part, suddenly s/he moves to expressing the 'You' part (the part that is being judged), as this part also wants to express and be heard.
- In such case: change roles (Exercise partner keeps the Giraffe ears)

4) Speaking with myself compassionately:

After getting the beautiful message of the jackal, I want this message to be expressed directly to the body (using the 4 Steps: OFNR).

- Who does it: 2 options:
 - a- Exercise partner express the message
 - b- The person express to oneself
- Express the 2 messages:
 - A- express the message in Jackal + ask: **how does it feel in the body?**
 - B- express the message in Giraffe + ask: **how does it feel in the body?**