

Integrative Reflection on Early Memories Activity

“Think about your earliest memories.”

“Break up into pairs; OK to choose someone you know.”

“Sit or stand about 3 feet away from each other, look each other in the eye, then look away. Do this several times until you are comfortable looking at each other in the eye.”

“When you are comfortable, choose who will talk and who will watch and listen the first time through the exercise.”

“Talkers, close your eyes.”

“Watchers and listeners, look at this slide.” (Slide gives directive: Listen to the story, Watch for facial expressions, Listen for the rhythm of voice, Watch for body movements, Listen for tone of voice, Watch and listen for synchrony or dissonance between what you see and what you hear, Notice what you experience; how you feel and where you feel it in your body.)

“Now, looking each other in the eye as continuously as possible: Talker, share an early memory; it can be a memory of attachment, loss, curiosity, confusion, joy, sorrow. Keep it as safe as you need to keep it. Think person, place, thing, idea or feeling. Take about 3 minutes to share this memory.”

“When the telling is done; watchers and listeners, come up to this table and find an image that communicates something about what you experienced as you watched and listened.”

“Take the image back and sit with your partner and share with them what you **heard** about their memory, what you **saw** about them as they shared their memory and how the image that you chose reflects what you **experienced** as you heard and saw.”

Switch roles.

***What was it like to make eye contact with this other person? Was it easy? Hard? Did it change or shift during the process? How long did you maintain eye contact for?

***What did you notice about facial expressions, body language? What did you notice about tone or rhythms of the voice? Did you feel dissonance or synchrony? Between verbal and non-verbal, between self and partner?

***How does the image you chose fit with the total experience when you were listening and watching?

***What was it like to see the image that your partner chose for your story?

***How does the image chosen fit with how you experienced your own story?