

Emptying The Jug

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This tool is useful for expressing pent-up emotion and getting in touch with ourselves and each other. When you wish to use this tool, remember to ask permission and stay in connection (eye contact and touching).

The following script is for the listener to use in facilitating her/his partner in emptying his or her jug. You may choose to negotiate a time limit.



What are you **MAD** about?
Thank you! What else are you mad about?

(Repeat question until they have no more answers)

Is there anything else you might be MAD about?
Thank you!



What are you **SCARED** about?
Thank you! What else are you scared about?

(Repeat question until they have no more answers)

Is there anything else you might be SCARED about?
Thank you!



What are you **SAD** about?
Thank you! What else are you scared about?

(Repeat question until they have no more answers)

Is there anything else you might be SAD about?
Thank you!



What are you **GLAD** about?
Thank you! What else are you scared about?

(Repeat question until they have no more answers)

Is there anything else you might be GLAD about?
Thank you!



CONNECTION
Spend a moment connecting in silence with eye contact. Notice what is present, whatever you are in touch with.



Life Long Love Academy

