



2.10.19 Petrified - The Big "T" Truth Effect.

Get Started

Use this or another practice of you, **being here**, now. Set a timer for 1-2 minutes. Squeeze your shoulders up to your ears as you breathe in, slowly let your breath out and let your shoulders fall. Create tension in your hands, belly, feet...then release. Notice any thoughts, let them pass by. Keep breathing. **Welcome!**

How are you? Is there something you are most and least grateful for from your week? Each person take 2-3 minutes to check in, then invite someone else. No rush, take a moment to think before you speak.

Practice listening fully, not focusing on what you will say. No comments other than "thank you."

Reflect & Discuss

Small "t" truth! As a group you are practicing it all the time with this deliberate space you are in now. **For the sake of not petrifying our ground rules - see Brene Brown's take on tangible ways to build trust and belonging.** Next page.

Ok, time to dig in! Four IDEAS below. You won't get to them all.

Begin by collecting reactions to the message: *What jumped out? What caught you by surprise? What did it leave you wondering? Wanting?*

- "Feeling vulnerable, imperfect, and afraid is human. It's when we lose our capacity to hold space for these struggles that we become dangerous." - [Brene Brown](#) *How can Big "T" truth be dangerous? For whom?*
- Greg suggested that when we take that which we know to be true and try to make it last, try to apply it to all situations, make MY truth be YOUR truth we are flirting with petrification. *What something that you feel strongly to be true? How have you or could you begin to petrify it? What is the result?*
- Have people used the BIBLE as a hammer? When it is meant to be a...well? Dive into the deep well of these words together. Jeremiah 31:31-37. Read it slowly ([here](#) or in the [message outline](#)). Explore what everyone hears and what that might add up to for you.
- **Watch [Brene Brown's first TED Talk](#)** (20 min) if you haven't on your own. How does this help you?

Close

What is something you will **take away** from this time? Leave space for everyone to contribute.

Show Up. Expect Growth. Build Trust

Be present. Share only what you want when you want. Confidentiality. Respect.
Questions over answers. Wonder over judgement. Do you. Welcome silence.





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Ground Rules for significant relationships

How do we be the connected people we want to be instead of just being right? How do we build trust and true belonging? Without grasping the full depth of this yet, I love what Brene Brown has said about this.

Let's let her give us a new take this month on the ground rules we practice together around small "t" truth.

-Melissa

From this interview: [Strong Back, Soft Front, Wild Heart](#)

"...we've got to stop walking through the world looking for confirmation that we do not belong, because we will always find it. It's the confirmation bias. If you are looking for confirmation you don't belong, you're gonna find it. **We don't negotiate our belonging externally.** It's not something that we negotiate with other people or groups of people.

Yeah, no one can give us this. We carry this in our heart. And so the most tangible behaviors that I have found: **Stay curious, be kind, and... listen with the exact same amount of passion that you want to be heard.**"

Take time to reflect for yourself on what you hear in this.

Share with someone now or in between your gatherings.

