



1

Storytelling in small groups or personal reflection. One by one, each person shares their answer to the first prompt below. Then go to next question and so forth. A person can pass.

1. **Share about how you “Experience the emotion as it is expressed through your body” (i.e., emotions: mad, sad, afraid, and joy). How did your parents and siblings experience and express their emotions?**
2. **Talk about your what is your response to having a powerful emotional experience? Do you “Ask yourself what this emotion is suggesting about yourself? Do you “Share you emotion to others using nonviolent and compassionate communication?”**
3. **Share a story of when you “Reflect[ed] on how an emotional experience fits in with your bigger life story? Was this reflection helpful to you?**

Check out and download more small group storytelling reflections and prompts at:

<https://lifesjourney.us/storytelling-in-small-groups-menu/>

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¹ From *Wild Mind*, book by Bill Plotkin, learn more at: <https://www.bodyvoicechoice.com/blog/the-four-steps-of-emotional-assimilation#/>, (accessed August 29, 2023).