

## Good and Grumpy and Good: Instructions

**For wiring in the capacity to shift in and out of difficult states**

**For giving the body a voice in relational space**

**For practice expressing emotion from the body up**

**Sit or stand comfortably, facing your partner. Decide who will lead first.**

**If practicing online, be sure you can see one another's torso, head, face, and arms.**

**Leader** - Eyes open or closed, start with happy or cheerful sounds (and gestures).

Shift into grumpy/sad/angry/scared sounds (and gestures) - stay with it for 10- 60 seconds.

Then shift back to cheerful/happy sounds until you can really feel it, stay and enjoy it a bit.

Continue back and forth between grumpy and good, for 3-5 loops into grumpy. End with good.

**Mirror** - Eyes open. By the leader's request, just watch, or join the leader's gestures and sounds, or play cheerleader and encourage them. Do not out do your leader, or get lost in emotion. When they make eye contact, offer a smile.

**Timing:** First leader: 1-5 minutes. Shorter is less intense. Both TALK: 1-2 min

Share about your experience. Switch roles, and repeat.

**Suggestions:** Start with mild, non verbal expressions of grumpy and good. You can think of recent, real experiences to put sound to. Be sure you really let yourself enjoy the embodied experience of putting sound to good feelings. Once you get good at going in and out of grumpy, you can explore making sound as you remember more intense and upsetting experiences.

**People like:** Feeling safe or playful about showing grumpy. Getting good at shifting out of grumpy. Having choice and company to share both grumpy and good.

**Challenges:** Difficulty/shame about making sounds or expressing the negative. Challenging to shift states in and out of grumpy or good. Feeling misattunement when asked to express the good.