

Up and Down With the Voice: Instructions

For: Giving the body a voice around others.
Inviting gentle body up self expression of emotion

The important thing is to keep the sound coming!

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

Leader - First get present and connected with your partner. (Eg. both partners put a hand on your own chest and take a few breaths while making eye contact with your partner.) When you are ready, let your breath out with a sound. If you can, enjoy it, exaggerate it. Go for expanding up with happy feelings and sounds. Then curl or contract down. Find some grumpier sounds, while continuing to give the body a voice. Then expand up and out again, continuing to produce some sounds. Repeat the cycle.

Mirror - /Receiver - Your job is to be present and show up. You are not mirroring their sound and movement exactly unless they ask you to. It is helpful to mirror their moods. Encourage them to keep the sound coming any way that works for both of you. Be sure you stay with yourself and your own comfort.

Timing: First leader: Take a minute or two; do two or more cycles. Both TALK: 1-2 min - share about your experience. Switch roles, and repeat.

Suggestions: Leader - Let your partner know what level of mirroring and encouragement you want. Give yourself permission to be noisy. If this is hard for you, try saying “Yes, Yes Yes” and then “Yuck, Yuck, Yuck” with emotion for a few cycles.

Mirror - Let yourself enjoy being trusted to be there for someone. How is it to be present for another while also being aware of yourself?

People like: “Following the flow of my partner’s moods as I mirror them.” “Hearing my partner mirror my sounds helped me know my expressions are ok.” “Feeling safe to go into difficult states because I know just how I am going to come out of them.”

Challenges: This can highlight trust and shame issues.