

## **Strong Twist: Instructions**

**For up regulation, and attunement**  
**For building our capacity for complexity**

**Sit comfortably, turned 90° from your screen so that you are shoulder-to-shoulder with your partner. If practicing online, be sure you can see one another's arms, head, and face.**

**This is not a mirroring exercise. Practice together.**

Hands rest on your knees. You can push on your knees to get a deeper twist.

Inhale, twist towards one another and make eye-contact.

Exhale, twist away. Repeat, getting a strong twist in each direction.

Synchronize your rhythm so you can make eye contact. Be sure to smile if you feel like it.

**Timing:** Practice together for 1-3 minutes.

Each take a turn to TALK: 1-2 min - share about your experience.

### **Suggestions:**

~ Shift your awareness between your own body and the sensations of the twist, and your sense of connection with the other person. Explore these two focal points then try holding both at the same time.

~ Play with lead and follow by adding verbal cues: Leader says "In" as you turn toward your partner. Say "Switch" when you want to pass the lead to your partner.

People like: "Feeling connected in a peer/equal way." "Feeling energized and connected."

**Challenges:** Getting lost in trying to do it right, trying to please or control your partner.