

Non-Anxious Presence Group Questions

Session 1 (group of 5-7)

1. Introduce yourself: Name, job or role, why you are here

Know Match Catalyze

1. In the talk, we learned about content vs process. How do you get people to open up to learn about them (content)?
2. How do you notice relational dynamics (process) in a group?
3. Is it difficult for you to notice process and content at the same time? Why or why not? What is a technique, tool, or trick you use to notice and remember both?
4. Part of process is noticing when you are stuck. When was a time that you were stuck with someone?
5. In the talk, Jacob spoke about resonance being that concert with your favorite bands and the vibe you and the other people created. What are your bands and why?
6. Describe an experience where someone resonated with you?
7. Have you ever resonated with someone else? What was it like? What was their reaction?
8. Think about your family or team at work. What are its relational strengths?
9. Describe a situation where you were oriented around a weakness or pathology instead of a strength.
10. How does lowering your anxiety allow for the strengths of a group to come forward and the weaknesses or pathology to move back?

Self Leadership

1. Can you name something you think you need that you don't really need to be ok?
2. How might you begin to notice when you are giving into that need?
3. What are some of your gifts and what are some of the shadow sides of those gifts?
4. How does anxiety show up physiologically in you? Once you identify that physiology try to list a few signs that anxiety is in play.

Storytelling

1. Can you share an example of when you filled in the gap between "what is" and "what you thought is?"
2. What is your reaction to the idea that we all have a story I tell myself? Are you able to identify the filter or inner voice that is making meaning of your experiences and telling you the way you think the world is?

Other

1. Name a relational dynamic that has you confused or frustrated. Think about a recurring pattern of behavior between you and this person that is getting nowhere.

2. Looking at process vs content what processes have you noticed in interactions? How can you increase your awareness of process while paying attention to content?
3. Think about process patterns. Can you map out or describe a process type pattern you have been in?
4. In the basketball story the process was solved without addressing the content. How might you address a process from some of the examples shared with a process rather than content solution?
5. Problems are entrenched when we apply attempted solutions. Where have you seen entrenched problems where prescribing the problem might break the stuck pattern?
6. How do you know when you are exhausted? When do you know it is physical and mental exhaustion and when do you know it is something else?
7. How do you handle your failure ratio and how high do you reset your expectations as you try out the non-anxious presence?

Session 2

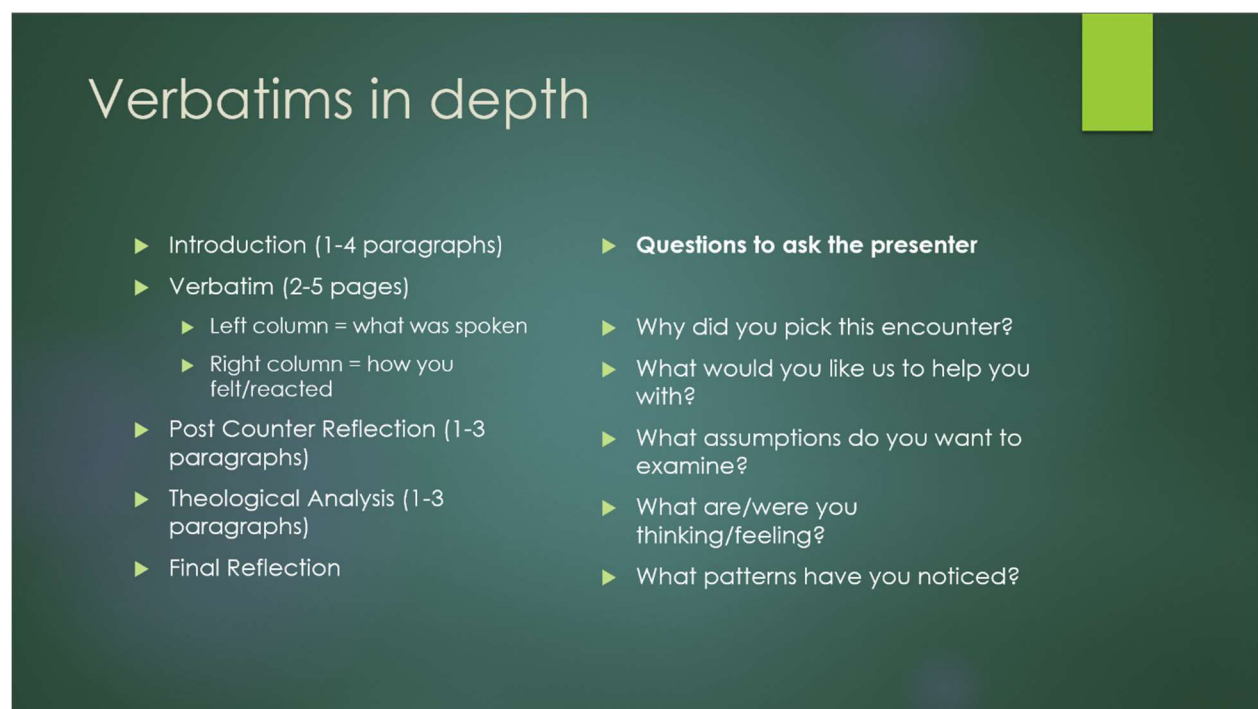
I highly recommend you take this opportunity to do a mini-verbatim. What that means is everyone will have 10 minutes to write up a situation and attempt to reflect on it.

Then each person in the group will have about 10 minutes total. About 5 minutes for presenting and 5 minutes for discussion.

This might go terribly and that's ok. It is better for you to even get a small taste of what a verbatim is like in a group of relatively similar and present people than to try and attempt it later from scratch.

It also helps because you can ask questions and learn with others. When you try this at home you may have to be the "teacher."

Below are discussion questions if you don't feel up for doing the verbatim.



Verbatims in depth

- ▶ Introduction (1-4 paragraphs)
- ▶ Verbatim (2-5 pages)
 - ▶ Left column = what was spoken
 - ▶ Right column = how you felt/reacted
- ▶ Post Counter Reflection (1-3 paragraphs)
- ▶ Theological Analysis (1-3 paragraphs)
- ▶ Final Reflection

- ▶ **Questions to ask the presenter**
 - ▶ Why did you pick this encounter?
 - ▶ What would you like us to help you with?
 - ▶ What assumptions do you want to examine?
 - ▶ What are/were you thinking/feeling?
 - ▶ What patterns have you noticed?

Other verbatim notes (from Steve Cuss *Managing Leadership Anxiety*)

*No advice, no mothering, no teaching

*Protect the presenter from shame. Mistakes are going to come up. You have made mistakes too. Don't let your anxiety get the better of you by trying to shame a presenter.

*Sometimes presenters have trouble sorting through their feelings or thoughts. Sometimes a feelings chart is helpful (just Google it). More often backing off after a question or two allows the person to manage their expectations of themselves and sort through it later.

*Remember this is a self-leadership tool. The goal is to learn how you show up in situations. Not be coached on how to show up.

1. Which of the internal sources of anxiety do you struggle with most? What does that look like in your life?
2. Are you able to name any other sources of internal anxiety not presented? Please share them.
3. What kinds of people do you judge? What values do you find being violated? How might naming those improve your capacity to serve those very same people?
4. Write down or share a childhood vow.
5. What effect do your idols and vows have on your well-being
6. Which of the external sources do you struggle with most? What does that look like in your life?
7. Can you name any sources of external anxiety not presented? Please share them.
8. When you are in tension with someone how does that add to your anxiety load? What do you do to reduce it? How do you stay connected to that person?

9. How would you rate your differentiation? In what ways do you struggle with it?
10. On the spectrum of enmeshment to detachment, where do you fall? Why do you think that is?
11. What does empathy look like for a differentiated person? What is the difference between walking alongside and carrying another's burden?
12. Have you ever tried to move closer to someone you're struggling with? What was it like? If not does someone come to mind? How about someone dangerous like a narcissist or highly toxic person? How is that different?
13. What is a relational tool or pre-game/post-game process you might try this week?