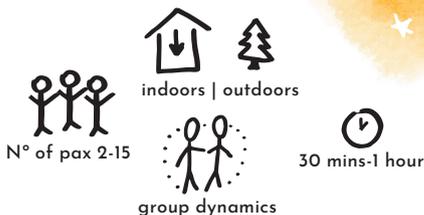




THE RELATIONSHIP BETWEEN I AND YOU

Metodo Integrato Marchio-Patti®
BY ASS. LA CITTÀ DEL SOLE



STEPS

1. The facilitator asks the group to split into pairs and, with his/her voice, leads the participants into a state of relaxation:

→ "Take a deep breath, take another one. → Imagine a colour and imagine that every time you breathe in, the colour colours your body slowly. → Colours your head, your neck, your shoulders, your arms, your hands, your chest, your abdomen, your back, your pelvis, your thighs, your knees, your legs, your feet. → Imagine that every time you breathe in, calm and peace enters your body, and every time you breathe out, you let go of all the tension and tiredness".

2. The facilitator then leads the experience with the following words:

→ Stand opposite each other at a distance that feels comfortable for both of you, if necessary, find a compromise between your needs of distance; → Get into a comfortable and relaxed position, close your eyes and be aware of your body so that you see yourself as a whole, with your own rhythm and pace. → When you feel you are in full contact with yourself, say "I" → Now open your eyes and look at the person you have opposite you, watch them and, again in your own time and pace, say "YOU" → Now, always staying in touch with your emotions, bring your attention back to yourselves and again say "I"

3. (At this stage of the experience, the facilitator asks participants to take a moment for themselves (not more than 10 mins), for written self-reflection, led by the following questions:

- What did I feel during the "I" and then the "YOU" exercise?
- How was it to get back into the I after having seen the YOU?
- Did anything change in my emotional and physical state after the experience?

4. When the time for reflection is up for everyone, the group gathers again and forms a circle, experiences are shared, taking care that you safeguard the emotional state of all participants as some people experience this activity at a very deep, intimate level.



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PURPOSE

SELF AWARENESS

- ability to establish a relationship without losing yourself
- re-defining yourself and your role within a relationship
- developing the ability to connect with another person

MATERIALS

None

PREPARATION

- a space that can accommodate the participants
- make sure that everyone has a partner
- it is advisable not to use music in the background as this might affect and alter people's natural rhythms.

REFLECTION

- What feelings did you get from the experience?
- How can this experience help you to improve your relationships?
- How do you think this activity can lead to resilience building?

COMMENTS

- You can ask participants to read out what they have written during the self-reflection. Give an opportunity particularly to any who had a negative experience.
- This exercise is based on the "L'intervento psicofisiologico integrato", Ruggieri, Fabrizio, Della Giovampaola, E.U.R. 2004. ["Psycho-physiological integrated intervention"]

* INTRO

This is an experience that consists of moving your attention from yourself to another person, to then get back to yourself, enriched.

