

An L2O2 Empathy in Action Workshop

# The Moment the Story Begins...

 Seeing your “Inner Weather”  
in moments of Conflict and Disconnection



Learning to Love Ourselves and Others



# The Story Often Starts Small

- A tone
- A look
- An interruption
- A criticism
- A silence
- A “calm down”



# You *know* that Moment....

Someone says something and your body reacts:

- Stomach drops
- Chest tightens
- Heat rises

A story appears *fast*  
– and suddenly, connection  
feels far away



# Before We *Think*, We *Protect*

- Past experiences
- **Fear**
- Unmet **Needs**
- Identity
- Our nervous system



# The Escalation Loop Explained

How a moment spirals...  
and how awareness interrupts.



# The Practice of Self-Awareness

When a small moment starts to spiral, we can:

- pause
- breathe
- get *curious*
- notice our inner weather
- *choose* what to do next

*Before* the story takes over



A watercolor illustration of a bright yellow sun with wavy rays extending outwards, positioned in the top left corner of the slide.

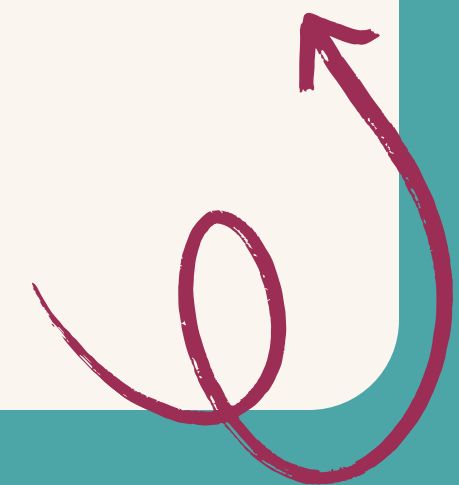
# Our Inner Weather

*A Roleplay Activity*



Before we respond outwardly, we check what is happening inwardly:

- bodily sensations
- feelings
- needs
- stories
- protective urges





# Our Inner Weather

*A Roleplay Activity*

We are practicing noticing, not performing



## 1) Partner B

chooses a Spark Card with a little charge

## 2) Partner A

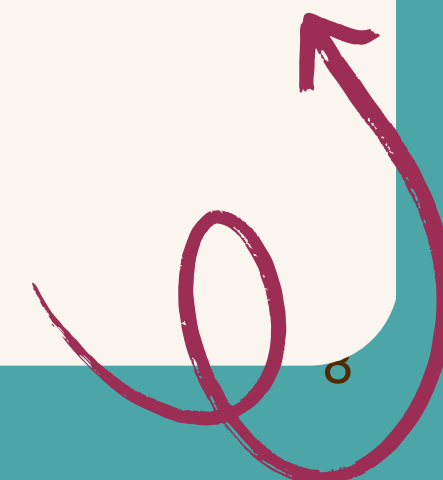
reads the card aloud

## 3) Partner B

pauses, breathes, gets curious  
checks their inner weather  
chooses what to try next

## 4) Then switch roles

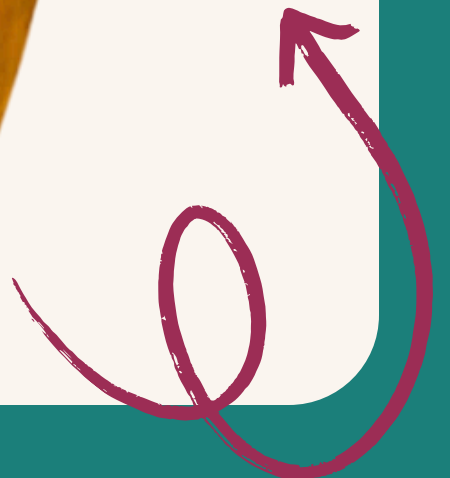
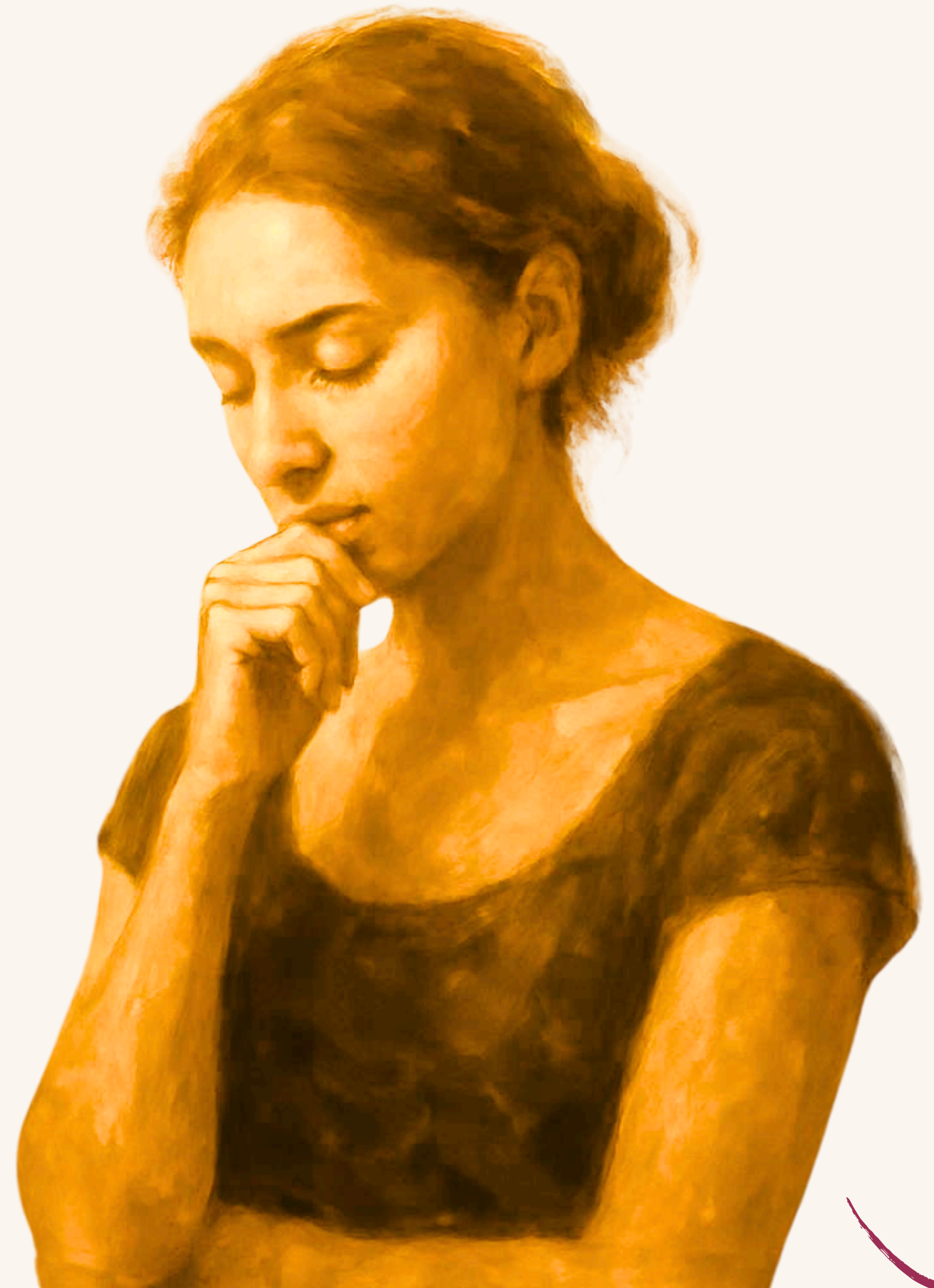
**Aim for:** practice • noticing • choice **Not:** perfection • performance • control



# Reflection

*Pausing to Understand Ourselves*

- What did I feel? Need?
- What story appeared?
- What was I protecting?
- When did curiosity disappear?





# Connection Begins Here

Seeing your “Inner Weather” 🌤️ helps you **connect better**, with yourself and with others:

- Noticing *sooner*
- Staying present *longer*
- *Returning* with care ❤️