

PIERS ^(c)

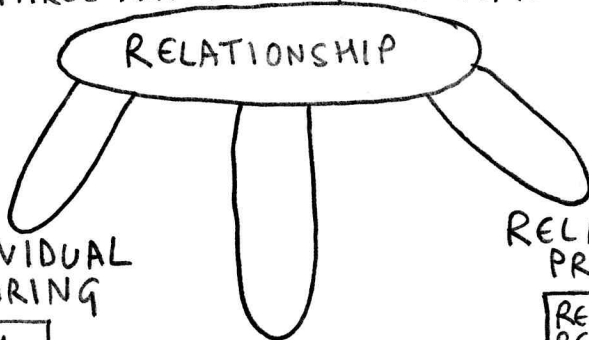


DOING A RELATIONSHIP SHARE & CHECK-IN

BY MEG-JOHN BARKER

SHARING

WE NEED THREE THINGS TO CULTIVATE STABLE RELATIONSHIPS THAT ARE SAFE-ENOUGH AND FREE-ENOUGH FOR EVERYONE
- THREE KINDS OF TOGETHER TIME -



INDIVIDUAL SHARING

RELATIONSHIP PROCESS

TELLING EACH OTHER ABOUT OUR LIVES & FEELINGS & BEING HEARD & AFFIRMED

ALONGSIDE TIME

DOING THINGS TOGETHER
EG WORK, PLAY, CHAT, ACTIVITIES, CHORES, CREATIVITY, CARING, ETC.

REFLECTING ON OUR RELATIONSHIP, HOW IT'S GOING, IF CHANGE IS NEEDED, REPAIRING ANY RUPTURES, ETC.

RELATIONSHIPS CAN BECOME IMBALANCED WITH NOT ENOUGH, OR TOO MUCH, OF ANY OF THESE (IN PROPORTION TO TOTAL TIME TOGETHER)



WE SPEND SO MUCH TIME TOGETHER BUT I FEEL LIKE THEY DON'T REALLY KNOW ME AT ALL



WE TALK ABOUT OUR LIVES ALL THE TIME BUT I DON'T FEEL SAFE BRINGING UP ANY PROBLEMS WITH THEM



OH PLEASE, NOT MORE 'PROCESSING'! ALL WE DO IS TALK ABOUT 'THE RELATIONSHIP' - THERE'S NO LIGHTNESS ANYMORE

THIS IS TRUE FOR ALL KINDS OF RELATIONSHIPS...

- FRIENDS • PARTNERS
- COLLEAGUES • RELATIVES
- COHABITEES • CARING RELATIONSHIPS
- COLLABORATORS • LOVERS
- TEAMS • COMMUNITIES ETC.

IT'S USEFUL TO APPLY TO:

- ALL PAIR RELATIONSHIPS
- GROUP RELATIONSHIPS OF ALL KINDS
- ALL THE PAIRS WITHIN EACH GROUP
- YOUR RELATIONSHIP WITH YOUR SELF

ESSENTIAL FOR ALL OTHER RELATIONSHIPS
THESE PRACTICES WORK ALONE TOO

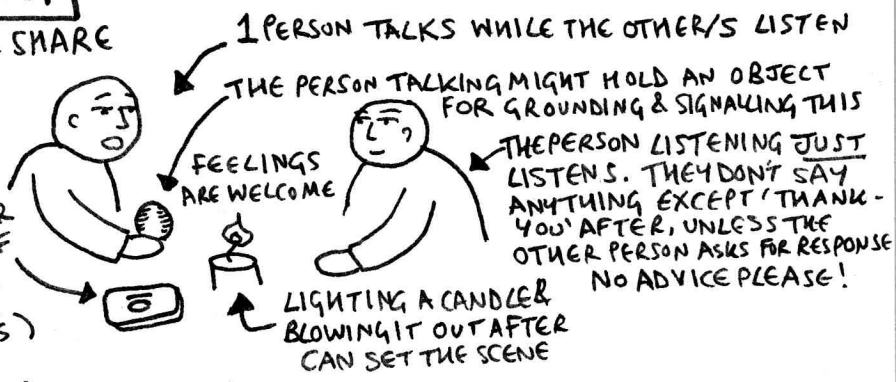
PIERS (C)

THIS ZINE FOCUSES ON ONE WAY TO DO SHARING (PIERS(C))
THE (C) IS ONE WAY IN TO RELATIONSHIP PROCESS

SHARING

IN A SIMPLE SHARE

IT'S USEFUL TO HAVE A TIME CONTAINER & BE FLEXIBLE IF PEOPLE NEED A LITTLE MORE (E.G. 5-10 MINS)



PAUSE BEFORE & AFTER SHARING ... YOU CAN ALWAYS DO A SECOND ROUND OF SHARING

PIERS (C)

- PIERS(C) IS A MORE STRUCTURED WAY TO DO A SHARING
- THIS CAN BE HELPFUL IF SHARING IS UNFAMILIAR, OR IF PEOPLE AREN'T SURE WHAT TO SAY
- IT HELPS ENSURE THAT WE CHECK-IN WITH ALL ASPECTS OF OURSELVES AND OUR LIVES
- YOU CAN TAKE TURNS TO DO THE WHOLE PIERS(C) EACH, OR TAKE IT IN TURNS TO DO EACH LETTER
- YOU CAN DO A QUICK ONE - JUST HEADLINES - OR MORE IN DEPTH - IT'S JUST GOOD FOR EACH PERSON TO TAKE ROUGHLY THE SAME AMOUNT OF TIME (AGREE IN ADVANCE) ~ 5-30 MINS
- OVER TIME YOU MIGHT ADAPT HOW YOU DO IT FOR EACH RELATIONSHIP. YOU'RE WELCOME TO ADD OR CHANGE LETTERS TO SUIT YOU! E.G. AN EXTRA 'E' FOR 'EROTIC', CHANGE 'I' TO 'INTELLECTUAL'

THESE OPEN/STRUCTURED SHARINGS CAN BE DONE ...

- IN PAIRS
- IN REGULAR GROUPS
- IN OPEN SHARING CIRCLES
- ALONE
- IN PERSON
- OVER VID/AUDIO CALLS
- ON MESSENGER APPS
- IN YOUR HEAD/OUT LOUD IN A JOURNAL

P - PHYSICAL

P STANDS FOR PHYSICAL, WHICH MEANS ALL ABOUT YOUR BODY, & PERHAPS ALSO THE ENVIRONMENT AROUND YOU & PRACTICALITIES OF THAT.

FOR EXAMPLE, YOU MIGHT SHARE ABOUT SOME OR ALL OF THESE KINDS OF THINGS...

THIS IS HOW ALL THE PARTS OF MY BODY FEEL AT THE MOMENT...

THIS HEALTH STUFF IS GOING ON FOR ME...

THIS IS WHERE MY ENERGY IS AT...

I FEEL MOST IN MY BODY WHEN...

THIS IS HOW I'M FEELING ABOUT MY BODY / HEALTH / DISABILITIES...

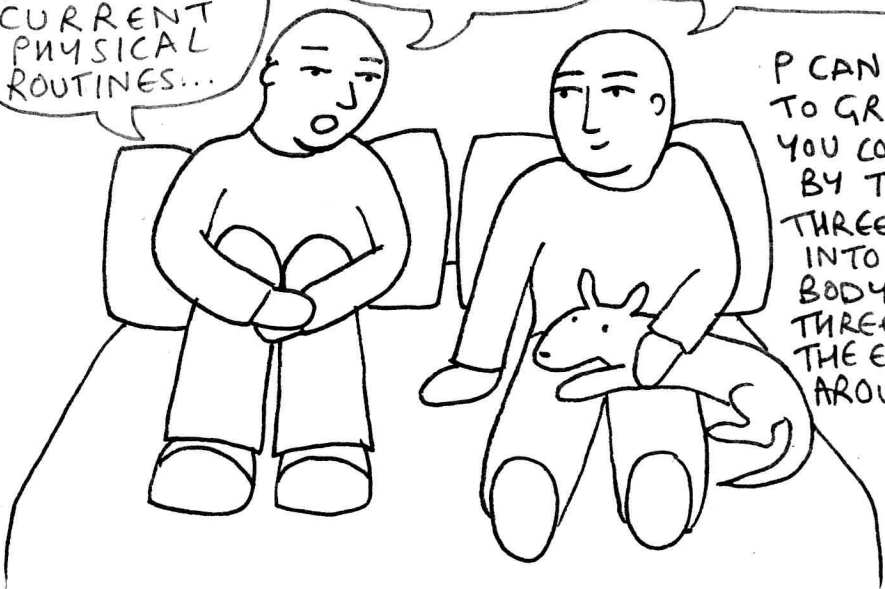
I'M LOVING / STRUGGLING WHEN I'M IN THESE ENVIRONMENTS...

WHERE I'M AT WITH NATURE / HOME / TRAVEL CURRENTLY IS...

PRACTICALITIES OF MY DAILY LIFE ARE...

THESE ARE MY CURRENT PHYSICAL ROUTINES...

P CAN HELP YOU TO GROUND - YOU COULD START BY TAKING THREE BREATHS INTO YOUR BODY, THEN THREE INTO THE ENVIRONMENT AROUND YOU



I - IDEAS

I STANDS FOR IDEAS, WHICH MEANS THE KINDS OF THINGS YOU'RE THINKING ABOUT AT THE MOMENT, WHAT'S STIMULATING YOU, WHAT PROJECTS YOU HAVE ON...

FOR EXAMPLE, YOU MIGHT SHARE ABOUT

I'VE BEEN READING THIS BOOK WHICH IS REALLY INTERESTING BECAUSE...

I'M TOTALLY INTO THIS TV SHOW/ MOVIE SERIES/ PODCAST/ YOUTUBER AT THE MOMENT BECAUSE...

I'M ENJOYING THIS ASPECT OF MY WORK BECAUSE...

THE THOUGHTS I USUALLY WAKE UP TO/FALL ASLEEP TO ARE...

I'M CONSIDERING OR CURRENTLY WRITING/ DRAWING/ SINGING/ WONDERING ABOUT...

I'D LOVE TO KNOW/ LEARN MORE ABOUT...

I'M DAY-DREAMING ABOUT...

I'D LOVE TO CREATE... ALONE /WITH OTHERS



E-EMOTIONAL

E STANDS FOR EMOTIONAL, WHICH MEANS HOW YOU'RE FEELING. IT CAN BE USEFUL TO IMAGINE FEELINGS LIKE THE COLOURS ON AN ARTIST'S PALETTE, OR THE FLAVOURS IN A SPICE RACK. WHAT IS YOUR CURRENT COLOUR/FLAVOUR SPECTRUM? FOR EMOTIONAL, YOU MIGHT SHARE ABOUT...

THESE ARE THE FEELINGS THAT ARE AROUND A LOT FOR ME AT THE MOMENT...

THESE ARE THE FEELINGS I'M NOT HAVING MUCH RIGHT NOW...

AND HOW I FEEL ABOUT THAT IS...

I'M FEELING SAD/
ANGRY / FEARFUL/
* JOYFUL / SURPRISED /
CONTENT / LONELY /
DISGUSTED / CURIOUS /
VULNERABLE ABOUT...

THESE ARE THE THINGS THAT ARE HAPPENING THAT BRING UP A LOT OF FEELINGS...

IF MY CURRENT FEELINGS WERE A MUSICAL STYLE / COLOUR / FAMOUS PERSON / ARTIST / WEATHER / FOOD / SOUND THEY WOULD BE...

IT'S GREAT TO BE IN THE FEELINGS IF YOU TRUST THE OTHER PERSON & FEEL SAFE ENOUGH TO DO SO, & THEY FEEL OK WITH THAT TOO...



...IT'S ALSO FINE TO REPORT ON THE FEELINGS WITHOUT ACTUALLY GOING INTO THEM - AGAIN IF THAT FEELS OK TO BOTH/ ALL OF YOU

R-RELATIONAL

R STANDS FOR RELATIONAL AND IT'S ALL ABOUT YOUR CURRENT RELATIONSHIP LANDSCAPE. FOR EXAMPLE, YOU MIGHT SHARE ABOUT...

THESE ARE MY CLOSE PEOPLE AT THE MOMENT AND HOW I FEEL ABOUT THEM...

THESE ARE THE RELATIONSHIPS I'M STRUGGLING WITH & WHY

THESE ARE THE PAST/PRESENT/FUTURE RELATIONSHIPS ON MY MIND & WHY

THESE ARE THE RELATIONSHIP PROCESSES GOING ON AT THE MOMENT IN MY LIFE

THIS IS HOW I'M CURRENTLY CULTIVATING MY SUPPORT SYSTEM

THIS IS WHERE I'M AT WITH COLLEAGUES, FRIENDS, FAMILY (OF ORIGIN &/OR CHOICE), COMMUNITY, NEIGHBOURS, ETC.

I FEEL LOSS/LACK/CONGING/LONELINESS ABOUT...



MY NEW RELATIONSHIPS...

THESE ARE MY COMMON RELATIONSHIP PATTERNS & HOW I'M ADDRESSING THEM

THIS IS MY RELATIONSHIP WITH MYSELF/SELVES, COMPANION ANIMALS, THE LAND AROUND ME, THE WIDER WORLD, PEOPLE IN GENERAL, MY PROJECTS, ETC. ETC.

THESE ARE MY RELATIONSHIP HOPES & FEARS, REGRETS & GRATITUDES

CURRENT CONFLICTS

S - SPIRITUAL

S STANDS FOR SPIRITUAL. THAT'S NOT A WORD THAT WORKS FOR EVERYONE, SO FEEL FREE TO REPLACE IT - PERHAPS WITH 'SELF JOURNEY' MANY PEOPLE STRUGGLE WITH THIS ONE. ONE FRIEND VISUALISES IT AS AN ACTUAL PATH, AND DESCRIBES WHAT IT CURRENTLY FEELS LIKE FOR THEM.



WHO AM I?

CAN I BE PRESENT AT THE MOMENT?

WHAT AM I FOCUSING ON IN LIFE AND WHY?

WHAT PHILOSOPHIES AM I DRAWN TO?

WHO ARE MY ROLE MODELS?

WHAT DO I KNOW AND NOT KNOW?

CAN I JUST BE?

WHAT'S MEANINGFUL TO ME?

WHERE AM I STRUGGLING TO FIND MEANING?

DO I HAVE ANY SPIRITUAL/FAITH PRACTICES &/OR COMMUNITY OR EQUIVALENT?

WHERE AM I AT WITH THAT?

WHERE WOULD I LIKE TO BE?

IS IT ABOUT THE DESTINATION &/OR THE JOURNEY?

WHO IS WITH ME ON THIS?



(C) - CHECK-IN

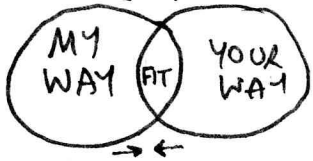
- IF YOU WANT TO BRING IN THE OTHER TWO LEGS OF THE STOOL YOU CAN ADD A C FOR CHECK-IN AT THE END
- C COULD ALSO STAND FOR CONNECTION, OR FOR CULTIVATING CONSCIOUS, CONSENSUAL, CARING RELATIONSHIPS (CCCC!)
- IN PIERS (C) THE C IS NOT FOR ACTUALLY DOING RELATIONSHIP PROCESS, BUT FOR CHECKING IN WHETHER WE'RE UP FOR SOME OF THAT IN OUR SUBSEQUENT CONVERSATION

TAKE TIME TO TUNE INTO YOURSELF, THEN YOU MIGHT SAY...

Speech bubbles:

- "I'M STRUGGLING TO BE PRESENT TODAY SO LET'S NOT"
- "THERE IS A THING OF MINE I WOULD LOVE TO CLEAR"
- "I'VE GOT A COUPLE OF REFLECTIONS I'D LIKE TO SHARE, BUT CAN WAIT TILL ANOTHER TIME IF YOU'RE NOT UP FOR IT TODAY"
- "I'M UP FOR GENTLE CHECKIN ABOUT OUR CONNECTION, BUT NOTHING CHALLENGING"
- "I'M IN A GOOD PLACE FOR PROCESS, SO LONG AS WE KEEP CHECKING IN AS WE GO, AND TAKE BREAKS AFTER ANYTHING BIG"

- ALWAYS DEFAULT TO THE PREFERENCE OF THE PERSON WHO HAS LEAST CAPACITY (ACCESS INTIMACY)
- IT'S ALWAYS OK TO SAY YOU'RE NOT READY FOR A PARTICULAR CONVERSATION
- TRYING TO PUSH IN WHEN NOT READY OFTEN RESULTS IN PEOPLE BECOMING DISSOCIATED OR DYSREGULATED - WHICH IS A RISKY FOUNDATION FOR RELATIONSHIP CONVERSATIONS
- WHILE NOT READY YOU CAN CONTINUE DOING SHARES, ALONGSIDE, & OTHER PROCESS CONVERSATIONS. OR YOU MAY NEED SOME MORE DISTANCE & OUTSIDE SUPPORT TILL EVERYONE FEELS READY
- IN RELATIONSHIP PROCESS WE OFTEN TRY TO GET AWAY FROM A SENSE OF RIGHT/WRONG WAYS OF DOING THINGS & FOCUS ON FIT - WHERE ARE THE FITS & MISFITS BETWEEN US? HOW MIGHT WE FIND WAYS THAT MEET EVERYONE'S NEEDS? TOGETHER? SEPARATELY?



TICKLE LISTS

- ONE REASON WE DO PROCESS IS TO BUILD TRUST
- WHEN WE EXPERIENCE REPAIRING RELATIONSHIP RUPTURES WITH SOMEONE, WE BUILD MORE TRUST THAT WE'LL BE ABLE TO DO SO AGAIN IN FUTURE, OR WHEN BIGGER DIFFICULTIES ARISE
- IT'S A GREAT IDEA TO CONTINUALLY PRACTICE TUNING INTO, COMMUNICATING, & REPAIRING SMALL RUPTURES WHEN YOU'RE UP FOR IT, AFTER CHECK-IN(C)

YOU COULD EACH KEEP A TICKLE LIST OF MINOR THINGS TO BRING UP WHEN YOU'RE IN A GOOD PLACE FOR IT, PROBABLY NO MORE THAN ONE OR TWO THINGS EACH TIME - GO SLOW!

A'S TICKLE LIST

- THAT TIME I SPOKE OVER THEM
- THAT TIME THEY SEEMED DISTANT WHEN Z SPOKE ABOUT X
- WHERE ARE WE AT WITH TOUCH?

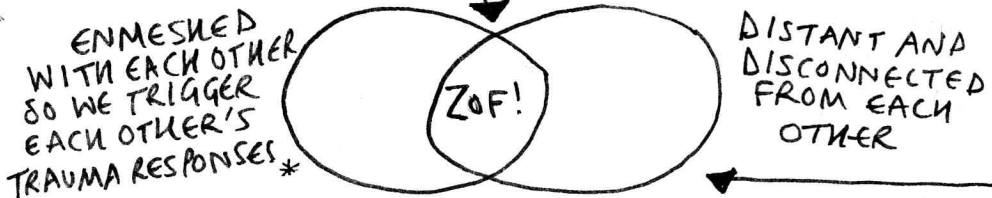
B'S TICKLE LIST

- MY HISTORY WITH X-S. THEY KNOW HOW I FEEL ABOUT EATING TOGETHER
- WAS IT OK WHEN I....?

IT'S GOOD TO REALLY LISTEN TO THE OTHER PERSON'S TICKLE, CLARIFY YOU'VE UNDERSTOOD, THEN LET THEM KNOW WHERE YOU'RE AT WITH IT, EXPLORING WHAT'S WANTED/NEEDED & WHETHER THAT'S POSSIBLE NOW, OR MORE TIME/SUPPORT IS NEEDED

THE ZONE OF FABULOUSNESS!

(FROM VIKKI REYNOLDS - JUSTICE DOING)



IT'S USEFUL TO CHECK IN REGULARLY WHERE WE'RE AT ON THIS SPECTRUM AS ALL RELATIONSHIPS SHIFT & CHANGE OVER TIME

- IF DISTANT, WHAT MIGHT HELP US TURN MORE TOWARDS EACH OTHER?
- IF ENMESHED, HOW MIGHT WE GET MORE SPACE, SOLITUDE & SUPPORT?
- HOW CAN WE CULTIVATE OUR RELATIONSHIP SUPPORT SYSTEM?
- WHAT SPECIFIC SUPPORT CAN WE ACCESS IF/WHEN THESE CONVERSATIONS ARE TOO HARD TO DO BY OURSELVES

* SEE RELATIONSHIP STRUGGLES ZINE

OTHER CHECK-INS

AS WELL AS/INSTEAD OF RELATIONSHIP PROCESS YOU CAN USE C FOR ANY/ALL OF THE FOLLOWING...

THESE ARE THE HEADLINES OF WHAT I'D LOVE TO COVER IN THE REST OF OUR CONVERSATION TODAY

THIS IS THE KIND OF ALONGSIDE TIME I'D LOVE TO EXPLORE DOING TOGETHER

WHAT ABOUT YOU?

HOW MIGHT WE DO THAT IN A WAY THAT WORKS FOR US BOTH?

WHAT ABOUT A SPECIFIC SHARING/RITUAL SOME TIME WHERE WE COVER

- OUR FULL RELATIONSHIP HISTORY
- A SPECIFIC FEELING
- PEOPLE WE'VE LOST
- OUR VULNERABILITIES/POWERS
- A CERTAIN TOPIC...

ETC. ETC. ETC.

REMEMBER, YOU CAN ADAPT ANY/ALL OF THIS TO SUIT YOU & YOUR SPECIFIC RELATIONSHIPS

FURTHER RESOURCES

THERE ARE MORE FREE BOOKS & ZINES ON MY WEBSITE COVERING RELATED TOPICS LIKE TRAUMA, CONSENT, LOVE & RELATIONSHIPS

- REWRITING-THE-RULES.COM/ZINES
- REWRITING-THE-RULES.COM/ALL-FREE-BOOKS

PIERS(C) IS ADAPTED FROM A MODEL CALLED PIES. I COULDN'T FIND OUT WHO INVENTED IT BUT MUCH GRATITUDE TO THEM. YOU CAN FIND MANY VERSIONS BY SEARCHING 'PIES CHECK-IN'

THERE'S ALSO MORE EXAMPLES IF YOU SEARCH FOR 'SHARING CIRCLES', 'SHARING GROUPS', 'HEART CIRCLES', 'THE CIRCLEWAY' & 'RELATIONSHIP CHECK-IN'

SUPPORT MY WORK

IF YOU ENJOYED THIS ZINE, AND YOU CAN AFFORD TO, PLEASE CONSIDER SUPPORTING MY PATREON, OR MAKING A ONE-OFF DONATION TO MY PAYPAL -

- PATREON.COM/MEGJOHNBARKER
- PAYPAL.ME/MEGJOHNBARKER

MANY THANKS TO: ARIANNE, PETRA, BEE, H, BIBI, & SKYLARK