

EXERCISE #2 – Inner Listening - EXPLORING FEELING THROUGH MUSIC

Any Age Child through Adult

MATERIALS NEEDED: 6 to 8 short pieces of music to invoke different feelings, player, and coloured felt pens/markers, blind folds and a large sheet of paper for each person. (Such as flip chart paper) Have the paper folded into squares of 6 or 8.

1. Give each person a blind fold, a coloured pen and folded up paper. Have each participant put on a blind fold.
2. Play a short piece of music and ask them to listen to it and then draw on the paper after you have turned it off. Give them a few minutes to let them express through their pen and paper.
3. Have them change the square and repeat this step until you play each piece of the music you have selected for this exercise.
4. When you have finished with the music, have them take off their blind folds and open up the sheet of paper to look at the different styles they have drawn to the different pieces you played.
5. Have 3 or 4 participants give feedback on how this exercise was for them. For example; did they notice any change in the style they used to draw hearing the different types of music? Can they share their different drawings using feeling words?
6. Once feedback is complete, ask them to help you make up a list of feelings. Begin by asking them to think of three feeling words. When they have had time to consider this ask each one to share one of them. As they share, write these words down in one of two columns under the titles; met needs and unmet needs. Met need examples are: happy, excited, inspired, content, comfortable and unmet needs are disappointed, sad, anger, hurt, etc.

*Option – the group is most likely going to give words that are not true feeling words. You have the choice to make a reference to this as they share the words or to come back at another time to separate out the non-feeling and feeling words. It is up to you how much learning can be taken in by this group.

There are layers of learning in this material and it will take time to integrate the words that are mistaken as true feelings. It has taken years of cultural stimulation to develop descriptive non-feelings words into our way of expressing feelings.

Review this feelings list by asking them to consider how they feel this inside. Say each one out loud and put it into a sentence. Ask them if they can sense this word inside.

Some examples of words mistakenly used as feeling words:

- Abandoned, Abused, Attacked
- Betrayed, Bullied
- Cheated, Cornered
- Distrusted • Interrupted
- Let down
- Manipulated, Misunderstood
- Neglected
- Overworked
- Pressured, Provoked, Put down
- Rejected
- Taken for granted, Threatened
- Unappreciated, Unheard, Unimportant, Unseen, Unwanted, Used

These words interpret and do not express real feelings.

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Inspired by Dr. Marshall Rosenberg, Author of Nonviolent Communication