

DAILY READING

DAY 2

PEMS Check-In

Introducing the PEMS check-in and the use of I-Statements and the 5 feelings.

PEMS: P = Physically E = Emotionally M = Mentally S = Spiritually

To make the most of our check-ins and our sharing, we want to use language that brings out more of what is happening for us beneath the surface. For the rest of this program, we therefore want to encourage the use I-Statements and the 5 Emotions or Feelings.

I-Statements

When checking in and doing any kind of sharing during this program, please use I-Statements: Say "I" instead of "you" when sharing feelings, thoughts, etc.

When expressing a thought or feeling, most of us have learned to use the word “you” instead of "I". This might sound like: “You know how you feel when somethings not right and you get that crummy feeling in your gut?”

We find it to be more powerful when we use “I” instead of “You” and say “I feel as if I just got punched in the gut. I’m feeling fear that something terrible is going to happen.” We call this making I-statements. Please remind each other to use I-statements as you move through this program.

Feelings

When describing your feelings, please name a specific emotion. For now, please keep it simple and use one of these 5 basic emotions:

5 Core Emotions: Mad, Sad, Glad, Fear and Shame

In our culture, we often use language to distance ourselves from our feelings by saying things like, “I feel a little blue today.” We find it more useful to say, “I’m feeling sad right now.” The five fundamental feelings we use are mad, sad, glad, fear, and shame. Somehow, using these basic words invites us to drop some of the resistance we may have to being vulnerable with another person. Please encourage each other to use these five feelings to describe your emotions.

MENTORS SESSION GUIDE

DAY 2

INTENTION

- To introduce check-ins, the five feelings, and I-statements
- Mentee does an extended check-in and experiences being listened to by someone using Active Listening.

CHECK-IN

Mentor:

Good (afternoon/morning, etc.). Welcome to Day 2.

Normally, when I connect with someone on the phone, my impulse is to say Hi, how are you doing? In this program, we will formalize that greeting a bit and I'll be inviting you to check-in, which will be your opportunity to share how you're doing.

Normally check-ins are not interrupted with questions or comments. It's a chance to express what is coming up for you without any interference. For today, we will keep our check-ins fairly simple and will share how we are feeling right now.

I'll be using what we call I-statements and I'll focus on one of 5 basic emotions which we refer to as: mad, sad, glad, fear and shame.

I'll check-in first and then you will check-in. *[mentor checks in]*

Before you check-in, do you have any questions about how to do this?

(Answers to probable questions are found in the Days Reading.)

OK, let's have you check in. *[mentee checks in]*

EXTENDED CHECK-IN

So now I'd like to use this same check-in approach and expand on it, so we can get to know each other a little bit more. This time we'll start with you.

This extended check-in will focus on four aspects of your life. The four aspects are how we are doing Physically, Emotionally, Mentally and Spiritually.

I will be using a simple listening approach, we call Active Listening. We will be covering it in more detail in later sessions. For today, you'll notice that I will be mostly silent while you speak. Once in a while I may confirm what I hear you say and I may ask you what you mean when you use terms that could have multiple meanings.

MENTOR CHECK-IN

So let's start with Physical. I invite you to share anything you'd like about your physical health, any chronic or current health issues you may be dealing with, how you take care of yourself physically, your history with physical issues or whatever comes up for you around how you relate to your physical body.

[mentee checks in, mentor uses active listening]

Now, please tell me about your Emotional life.

[mentee checks in, mentor uses active listening]

Now, please tell me about your Mental life.

[mentee checks in, mentor uses active listening]

Now, please tell me about your Spiritual life. This could include your spiritual or religious history, your current beliefs or practices; any inner spiritual resources you may be connected to, or any special abilities you have that could be considered as spiritual or psychic in some way.

[mentee checks in, mentor uses active listening]

CLOSURE

Are you complete for now? Is there anything else you need before we continue?

How was that for you? How did it feel to have me listen to you in this way?

I'd also like to hear your feedback on my listening: What did I do that worked for you, and what may not have worked for you?

Thank you. I'll share my story in a few days after you have learned more about how to do active listening and can practice on me. Now, let's check out.

CHECK OUT

SCHEDULE THE NEXT SESSION