

# Thinking Space Guidance

## INTRODUCTION

This handout is designed to support you to conduct 1-1 Thinking Space sessions. This outline is for a 60-minute session with 2 people (30 minutes approximately each way) The times are a loose frame, you may need to watch the clock for the first few times, but like everything, the more you practice the more intuitive it will get. I have been working in this way as part of my practice for 10 years and the questions work perfectly. Don't over complicate it.

You can half or quarter the time and adjust accordingly.

## CHECK-IN: 2.5 MINUTES EACH WAY

00.00-00.05

Each person has up to 2.5 minutes to say how they feel about being part of the session. Depending on the existing relationship, this might be a general catch up, or more specific but the time remains the same. At the end of this decide who wants to go first.

## STATE THE RULES OF ENGAGEMENT: 2 MINUTES

00.05-00.07/ 00.31-00.33

Irrespective of how often you do this and how well you know the Thinking Partner, you always begin with this.

- Welcome to your Thinking Space, my only purpose is to help you to think better for yourself
- I will not interrupt you, or fill silence, all that matters is you have space to go where your thinking takes you. Wherever that is, is right for you and I have no judgements or expectations.
- I will support your thinking by asking a series of questions
- When you are a minute from the end of your time, I will give you a signal
- Thereafter you can ask me a question if you want to
- Finally, you will reflect on what you want to do next with what you have discovered

## THE THINKING SPACE: 23 MINUTES

00.07-00.30/00.33-00.56

Below is a pattern of questions. Please do not be robotic about this. You may never need most of these. Remember that the main thing that will encourage thinking, is the quality of your attention; calm, listening with ease and not too much nodding. The thinker doesn't need to be distracted by our signals of agreement or otherwise. This sense of calm is also important in how you ask the questions, with intention and curiosity, slowly, hence the .... In-between the words. Trust the process. It will feel weird, of course it will. We are not used to being fully focused on the thinking of others, we are hardwired to get our thinking in, or to build on others thinking when they are not finished thinking for themselves. Stop knowing start wondering! Even at the end of the Thinking Space if the Thinker asks a question of you, think very carefully about what you say. At no point go back and disagree with thinking they have shared in the Thinking Space, at best it's a sharing of your personal experience nothing more and not if it's not requested. It's not about you!

### Fundamental Questions

- So, Fiona.....What would you like to think about and what are your thoughts?
- And what more .....do you think.....or feel.....or want to say?
- You may repeat the question above several times or an abbreviated version...So, what more.....?
- Even when the thinker tells you they are done
- Just to check...are you sure there is nothing more you want to think?
- Do you need anything further from me? (always second last)
- What would you like to do next with what you have discovered? (always the last question)

### Other questions you might need, if the thinker gets stuck or you feel they could help

- What assumptions are you holding that are influencing your thinking?
- What more are you assuming?
- How do you feel now that you have illuminated these assumptions?
- What feels true now?

## APPRECIATION: 2 MINUTES EACH WAY

00.56-00.60

- Appreciate the other for their part in the Thinking Space