

## Peace Session 3 Chat Log

00:50:40 Charles Betterton: This feels relevant to knowing and acknowledging our feelings:

00:50:51 Charles Betterton: At the center of your being you have the answer; you know who you are and you know what you want. \_\_\_Lao Tzu

00:53:19 Barb: Sometimes I have told my problem(s) to anyone who would listen, because I needed to get my feelings out, but when I've done that (shared with just anyone), I've gotten poor advice or I've gotten laughed at or discounted. Being discounted is a HUGE trigger for me. So, learning how to self soothe and deal with anger is vital.

00:54:14 Charles Betterton: Amen to that wisdom Barb!

00:55:44 Charles Betterton: The techniques shared by Marshall Rosenberg including using I language are perfect for this process of peace ful conversation.

01:03:13 AnnedeLovinfosse: how do you train people to listen with compassion? you said FEEL HEARD, and not hear heard.

01:06:18 Betsy: Thank you so much for recording and sending this out to us; so much wisdom and truth is spoken and missed trying to write everything down. And I love that you mention 'compassion', as I just got involved with Charter for Compassion; validation I'm where I'm supposed to be right now!

01:07:52 Charles Betterton: Congratulations Betsy and thank you for sharing that

01:08:33 Barb: Sometimes, when I've listened calmly and done what you're describing, and the other person is ranting and raving and blaming, it seems to me that me being calm is a sign of weakness and meakness. What are your thoughts on that?

01:10:39 Betsy: Actually, Barb, being calm is a sign of strength, because sometimes it is hard to bite one

01:11:01 Betsy: 's tongue

01:11:06 Betsy: OOPs

01:13:15 Barb: I agree Betsy. I had a bad interaction with a gal from work, who went "ghetto" on me (her words, not mine). She told someone, "I went ghetto on Barb and told her off! She was in shock! I won!"

She didn't win. And she didn't want peace. She wanted to should and be in control.

01:17:43 Betsy: And thank you, Charles!

01:20:06 Stuart Volkow: Greet points... full expression needed before resolution, but how to express?

01:34:08 Betsy: Is there a woman's group or grief support group you can join?

01:34:16 Betsy: No, you need us right now

01:36:00 Betsy: You've been hurting for too long and you need to realize the issue was with your mom. not you

01:39:29 Betsy: I had to come to the realization with ex-husbands that their 'abuse' was an issue within them, and the issue was not actually me; I was a 'sounding board, so to speak, for their angst; be glad now that the abuse is dead and get back to life your mom was so jealous of

01:40:16 Betsy: science is finding a relationship between cancer and holding in feelings and resentment

01:40:19 AnnedeLovinfosse: barb, it is an honor...and very helpful to my story...the universe is working in miraculous synchronicities.

01:41:05 Kim: I agree Anne. I don't resent that we spent time listening to you Barb. I appreciate your sharing. That takes courage to share a personal story like that with strangers.

01:42:58 Barb: Wow, thank you Shannon!

01:43:08 Barb: And thank you Scott for your compassionate listening

01:43:20 Barb: I have my PhD in Narcissis

01:44:06 Betsy: if anything, Barb, you can counsel people in how to deal with our current president

01:48:32 Betsy: Be sure to save your chat; thanks everyone! Namaste