

Possible Work Actions

Give back words, judgments that I have taken on.

Do a clearing

Speak with someone to voice my awareness, knowing, or want, or to prepare for a conversation that needs to happen outside of the Circle.

Role play a past or future situation.

Use a mirror to allow me to see myself or something about myself more clearly.

Engage in some kind of physical movement to release anger, sadness, fear, and/or lock in courage, strength, etc.

- Push through a “wall” or barrier
- Move through a gauntlet
- Go up or down stairs
- Experience pressure or holding weight
- Hit a pillow
- Be held while I cry
- Step over or through
- Put on the “Armor of God” (Ephesians 6:10-18)
- Etc.

Proclaim truth statements that will dismiss the lies, or state my mission.

Receive affirmation, wisdom or scriptures from my sisters.

Celebrate.

Pray myself or ask my Circle sisters to pray over me/for me.