

## Being with Our Drama: A Reflective Conversation

### Questions for Breakout Room Discussions

The total amount of time we will have in our breakout room discussions is 25 minutes. Please take about two minutes to introduce yourselves, your location, and one sentence about what attracted you to the 3VQ work.

### Questions for discussion:

1. What does it feel like for you to be in drama? What is your experience of it (e.g., in your body, thoughts, emotions)?
2. What is the risk for you as a trainer/facilitator/coach if you avoid being with your drama?
3. What are some reflective questions, exercises, or activities you have used that have been helpful in *being with* and *learning from* your drama patterns?
4. What is your key takeaway from this session?