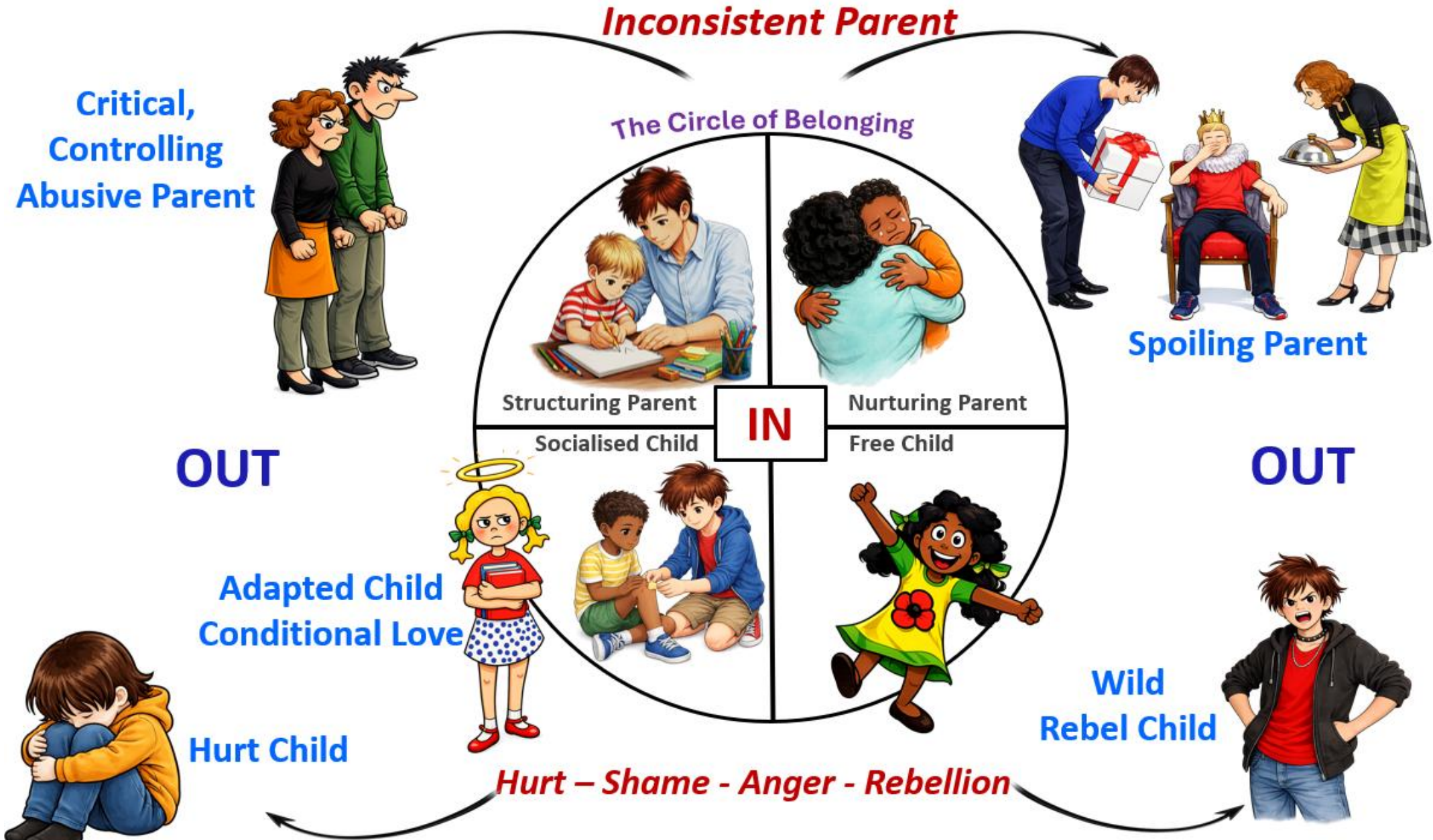
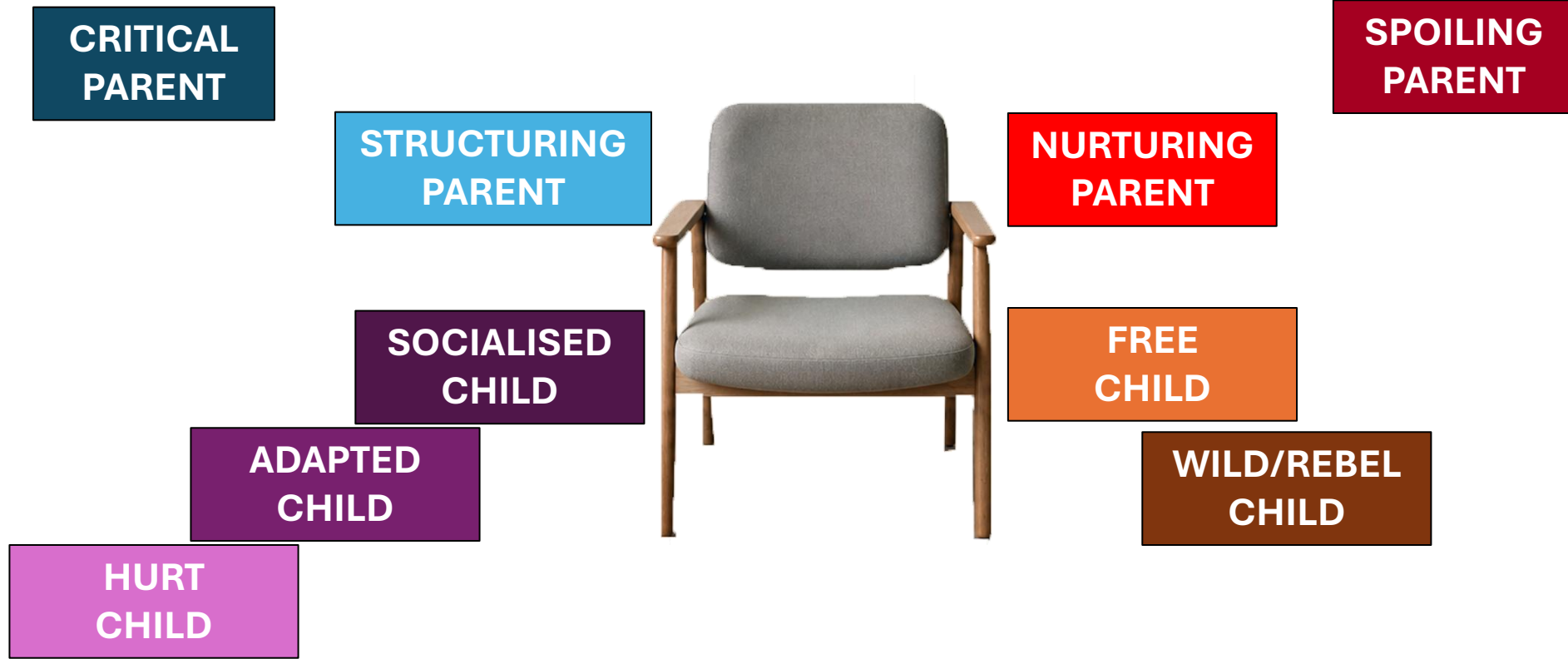


The In-Out Model





- Place the person you are going to speak to in your imagination in the empty chair
- Position the TA positions on paper around the chair to help you explore the different feelings you have towards them.
- Use pashminas to indicate the size of the feeling. The first one you place down sets the size for the others: they will be either smaller or bigger than the first one.

- Move around exploring your feelings as freely as you can.
- When you are ready, swap chairs. You are now sitting in the other person's seat, looking back at yourself. How does that other person see you? What is their world like? How do they feel?
- Continue the dialogue.