



**PRESENCE-BASED®
COACHING**

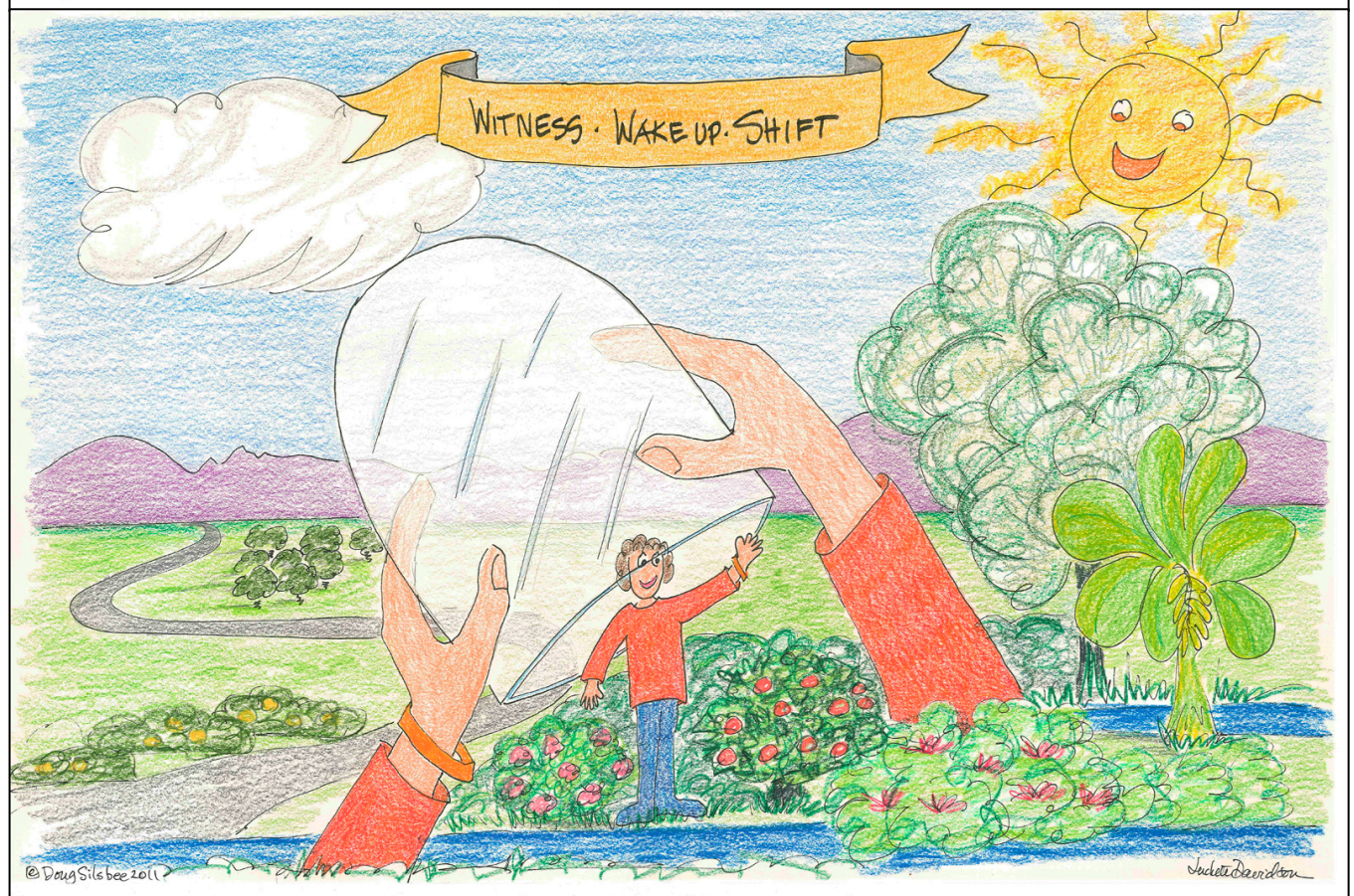
Presence, Perspectives, and the Polarity of Me and We

The Dance of Me and We. Yes, indeed.

We are always in this dance, though often we don't see it clearly. We live, continuously, in the polarity of Me and We. Sometimes this is graceful and integrated. Sometimes, we lurch awkwardly back and forth between behaviors oriented towards Me (taking care of myself, knowing what I want, acting in my own self-interests) and those that are oriented towards We (caring for others, being viable and skillful in the world, making contributions that others will value.)

At times, this polarity can become quite charged, and we can experience a tension that has a particular shape, a particular feeling. We can feel triggered or stuck. We can judge ourselves for not being more skillful at taking care of ourselves AND being in the world.

Living inside this polarity makes it nearly invisible to us. Through being present with ourselves AND with others, and through stepping outside the system so that we can see it from a new perspective, we can engage differently with the inherent dynamism of this polarity.



The Polarity of Me and We

+	+
Me	We
-	-

Chair Polarity Exercise

1. Introduce yourselves briefly.
2. Person A (witness) is present and still. Your role is to listen deeply and hold space.
3. Person B sits in one chair, facing another empty chair. Take a moment to center yourself, becoming present. Sense yourself, your sensations, your stories. You are connected to yourself.... From this chair, speak about what you see and know about what's important. When you come to a natural stopping place, say "OK, done for now." and stop. Take a pause.
4. Now, switch chairs. Take a moment and settle in. In this space, bring others who are important to you into your awareness. Be present with these others. Let your body respond to this new frame: sensing others, their actions, their aspirations, their needs. Sense your connectedness to them. From this chair, speak about what you know. When there's a stopping place, say "OK, done for now." and stop. Take a pause.
5. B moves back and forth, taking a moment after each move to center in being present, then speaking from the perspective of this pole. A simply witnesses, tracking what is spoken from each space.
6. When time is called, B stands up and moves to the side, looking down on both chairs from the side and above. Notice this new perspective: being present to yourself, to others, and to the whole system. Speak from this perspective. What do you see?
7. A reflects anything that s/he heard and witnessed in this, as this was another outside perspective.

SWITCH ROLES, REPEAT 1-7

Share insights.