

## Talk Moves

Would someone like to add on to that? If not, I can.

I am sensitive to response but want to be present and offer...

Can you say more about...?

I am navigating discomfort and working on staying engaged.

My anxiety is making my thinking unclear. Bear with me, while I try to express myself.

I'm gonna offer up something you said for examination, is that cool?

Where I see congruence is... But I want to understand better what you meant by...

Do you mind if I take my time while I offer this for the group's thinking?

I need some time to understand more.

I hear you trying to say...

I'm gonna push back a bit...

I could use some help talking through this with someone later, if anyone is willing.

can repeat what you said and ask you to clarify?

I'm still trying to figure this out, maybe someone can help me clarify after I've said it.

That is an insight I didn't have before I said that. I'm gonna think more about how I am feeling and what might be valuable to me.

That helps me figure out how to say what I want to say better. I may try again after I've given it some thought.

Something I am wrestling with is...

