

The Inner-Outer Dance

Stage 2: Integration & Connection

intention

ACTION
REQUEST

o
u
t
e
r

CONNECTION
REQUEST

me seeking to
understand you

CONNECTION
REQUEST

me seeking to
be understood

RECEIVING
how YOU are

EXPRESSING
how I am

i
n
n
e
r

CONNECTING
with
MYSELF

Listening to my
**Judging &
blaming**

connection