



Tammy Lenski's 15-minute self-mediation

1. Person A: In one concise sentence, what is the problem you want to solve?
2. Person B: Do you want to solve that problem? If so, continue on to 3. If not, what is the problem you want to solve? Keep taking turns naming the problem until you can both agree on the problem that merits your joint attention.
3. Person B: For a solution to be viable to you, what *essential* needs of yours must it address?
4. Person A: For a solution to be viable to you, what *essential* needs of yours must it address?
5. Persons A and B: Without discussion, take 1 minute to consider solutions that meet both sets of essential needs as much as possible.
6. Person A: List your ideas for solving the problem you agreed to solve together and meeting both your essential needs.
7. Person B: List your ideas for solving the problem you agreed to solve together and meeting both your essential needs.
8. Person B: Pick one idea from either list that you'd like to pursue.
9. Person A: Pick one idea from either list that you'd like to pursue.
10. Persons A and B: Discuss each idea (or, if you agree on a single idea, discuss that). How does it help you? What might not work and why? How can you test out the idea in daily life?

Find out more at <https://tammylenski.com/self-mediation-exercise/>