

TOPIC: DISSOLVING "YOU VS. THEM"



- **Recall or imagine an industry interaction:**
 - *Did you feel equal or separate?*
 - *Where did you notice that feeling in your body?*
 - *What story were you telling yourself about them?*

- **Think of someone you feel completely at ease with:**
 - *How does your body feel in their presence?*
 - *What creates that sense of connection?*

- **If you approached industry interactions with this same energy:**
 - *How would your body language and speech change?*
 - *What would you believe about the interaction?*

- **What have you made the "them vs. you" separation mean?**
 - *How has this belief affected your actions and presence?*
 - *What opportunities might it have blocked?*

- **Imagine living from complete connection:**
 - *What becomes possible that wasn't before?*
 - *What hesitations would disappear?*
 - *How would your creative expression change?*
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- **For your next industry interaction:**
 - *How will you remind yourself of your equal, connected energy?*
 - *How will you notice if separation energy arises?*
 - *What will bring you back to connection?*