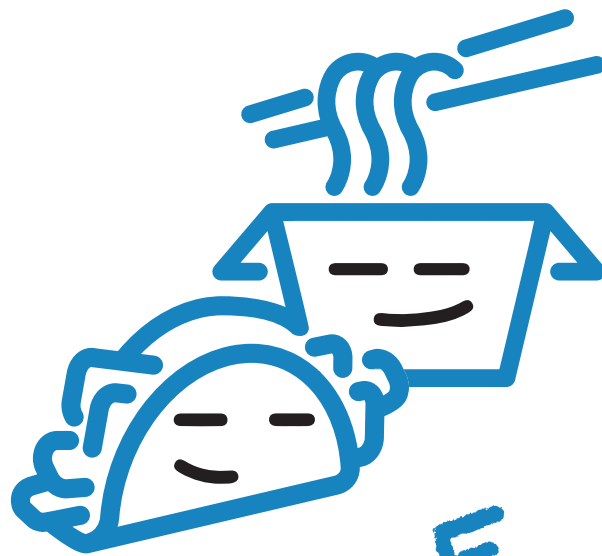


Will & Woody's



Share My ~~F~~Mood



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Hello! Welcome to Share My Food.

The extension of the Share My Mood app that launched last year, aimed at getting people to speak more openly about how they are. I'm bloody excited that you're doing this. Hopefully you get something out of it. If not, feel free to call the show and tell me and we'll promptly black list you...(jokes).

The point of this dinner is for you to genuinely connect with the people in your life.

The aim is to see your relationships as more than just acquaintances. It is a chance to recognise and ultimately to enjoy the intimacy and support that is already there, but to which we are so often closed off.

Enjoy!
Will

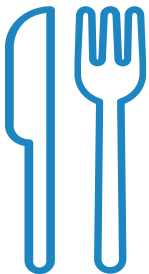
HOW-TO GUIDE



WHO TO INVITE?

Dinners should be intimate. Try and keep numbers to four or five people. Obviously you can have more if you like, but for best results, try to create a sense of intimacy and safety.

Even ask yourself when inviting people: *'do I feel safe around this person?'*



PREPARATION

Please make sure you've read the 'Dinner exercises' section as the first one takes just a little bit of prep from you/your guests. Other than that, we'll leave the spread to you!

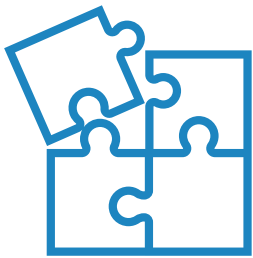


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DINNER EXERCISES/FORMAT

1. CONNECTION – *go past the surface*

Each guest needs to answer a question about another guest. Before the dinner starts, host are to choose whom each guest is to write about and reach out to them privately to let them know. Guests should then bring their answer on a piece of paper to the dinner.

Don't freak out! It only needs to be one sentence long (you can obviously write more if you like). The question each guest must answer (about another guest is):

What do you admire about _____?

HELPFUL TIPS

Do this *beforehand* to avoid people feeling rushed/flustered on the night.

Let people *read them at the same time* so people don't feel pressure around their note.

This is a chance for people that don't know each other that well to *connect* before we go further.

2. Checking in with each other – *learn how to listen*



Each guest should answer the following questions (as best they can – not a problem if they can't answer/need to skip). It's important to answer the questions sequentially.

- a) *What were you struggling with this week?*
- b) *What was the hardest part about the struggle?*
- c) *What lesson did you take away from this struggle?*
- d) *What's the best thing that happened to you this week? It can be massive like a job announcement or tiny, like a great sandwich. It's just practicing gratitude.*

MORE TIPS!

Listeners should avoid trying to fix the struggle. Just listen and empathise. Don't tell them about what you would do in their situation.

Instead, if you feel the need, ask 'how can I support you?' OR 'Can I help make it easier at all?'



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3. Support - demystify your ego

Final bit! Super interactive this last part and a chance to show you that inner chat is often not grounded in any fact.

To prove this, each guest is to think of one word they would use to describe how they think other people see them. Simultaneously, all the other guests are to think of one word they would use to describe that same guest.

DON'T SAY THEM OUT LOUD YET.

Then, on the count of three (or however you want to do it), everyone says their word at the same time.

After you've said your words, compare and contrast. Sometimes (not always), you will find that others see you very differently from how imagined.

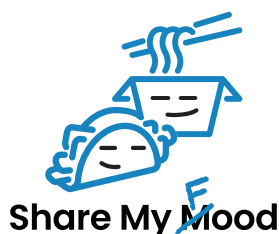
We often blind ourselves from the love that's there.

TIPS!

If the opportunity arises, it's perhaps a chance to ask them why/how they think that of themselves and then *reiterate how or others actually see them.*

This final activity is designed to be a bit of a soothing balm after people have made themselves vulnerable.

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