

# MOURN CELEBRATE LEARN (MCL) CONVERSATION HANDOUT

*Recovering/debriefing for resilience: Inner conversation map for feeling stress/anxiety of external judgment*

**Practice by yourself:** Take yourself through the 3 parts of the MCL map. It helps to somehow externalize and physicalize the process using 3 chairs/seats, journaling, drawing, movement.

**Dyad partner practice:** Speaker expresses, starting with Mourning or Celebrating, moving through the MCL map. Practice partner listens, reflects back, and tracks following the MCL map and using Elements of Empathy (see handout). Debrief and feedback at the end of the process.

**Triad partner practice:** Person with the situation takes the role of Mourning or Celebrating, another takes the other role, and the third takes the role of holding empathic presence, tracking, and supporting as needed. You can rotate through the roles (e.g. mourn -> celebrate » presence), debriefing/feedback before rotating and at the end of the process.

## **Part I: Mourning needs you perceive not met from your actions and others' evaluations**

1. **Observations:** What *you* said/did and the evaluations/judgments *of others* you fear
2. **Feelings:** Your body sensations and emotions in relation to this (grief, sorrow)
3. **Needs:** Unmet needs, at the source of thoughts and feelings, that you can mourn

***Cycling:** Speaker may cycle through OFN as they notice/discover deepening layers. Listener reflects back what they heard.*

## **Part II: Celebrating needs you perceive met in any way (gratitude, appreciation)**

1. **Observations:** Things that have happened you can celebrate
2. **Feelings:** Your body sensations and emotions of celebration
3. **Needs:** Your needs met by what has happened

***Cycling:** You may cycle through OFN in both Parts I and II, and back and forth between Parts I and II. Listener reflects back what they heard and helps track process.*

## **Part III: Learning — Emergence of New Possibilities (Requests)**

1. **Learn.** What did you learn from doing Parts I and II? Any new ideas, insights, or possibilities that have emerged?
2. **Plan.** Is there a plan of action that you want to create?
3. **Practice:** After forming an action plan, you may want to practice whatever you came up with. You can do this by yourself or with a practice partner.

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