

Getting Real Honesty Salon

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I run a Getting Real honesty salon in Rockville MD. Getting Real is about communicating honestly, being in the present moment and being with our feelings more than our thoughts and internal judgments.

At the salon we practice honest communication with other students of Getting Real. We practice the ten communication guidelines of Getting Real:

- being with what is · transparency · noticing your intent · welcoming feedback · asserting your wants and not wants. · Taking back projections · Revising an earlier statement · Holding differences · Sharing mixed emotions · Being ok with silence

Each salon starts with a brief check in and then a focus on one of the honesty guidelines. Then we work on the issues, triggers and buttons that people bring to the group with the intent to interrupt our patterns. This is an opportunity to grow and learn more about being present and honest in real life situations. Email me if you are interested in joining the group.

Pre-requisite: Read Susan Campbell's book "Getting Real" When: 1st and 3rd Tuesday of the month 7pm – 9pm Where: Rockville MD Cost: \$10 per session