



Buddy Check-in Protocol

Prepare to Have at Least 10-20 Minutes of Uninterrupted Time

Take Turns Leading

1. Presencing and 2-word check-in.
2. Status of where each buddy is in their LDT process and with this month's LDT assignments. Successes and challenges each buddy is experiencing.
3. Intention for the coming days/weeks. Maybe a "stretch" one or both of them want to take on before their next call.
4. Support request of the buddy(s).
5. Either schedule the next buddy call or remind each other when the next call is.
6. 2 Word Check-out and goodbye.

Alternative: Do the Somatic Inquiry Process as a longer version Buddy Check in. It is located in the Individual Work section of the LDT binder.