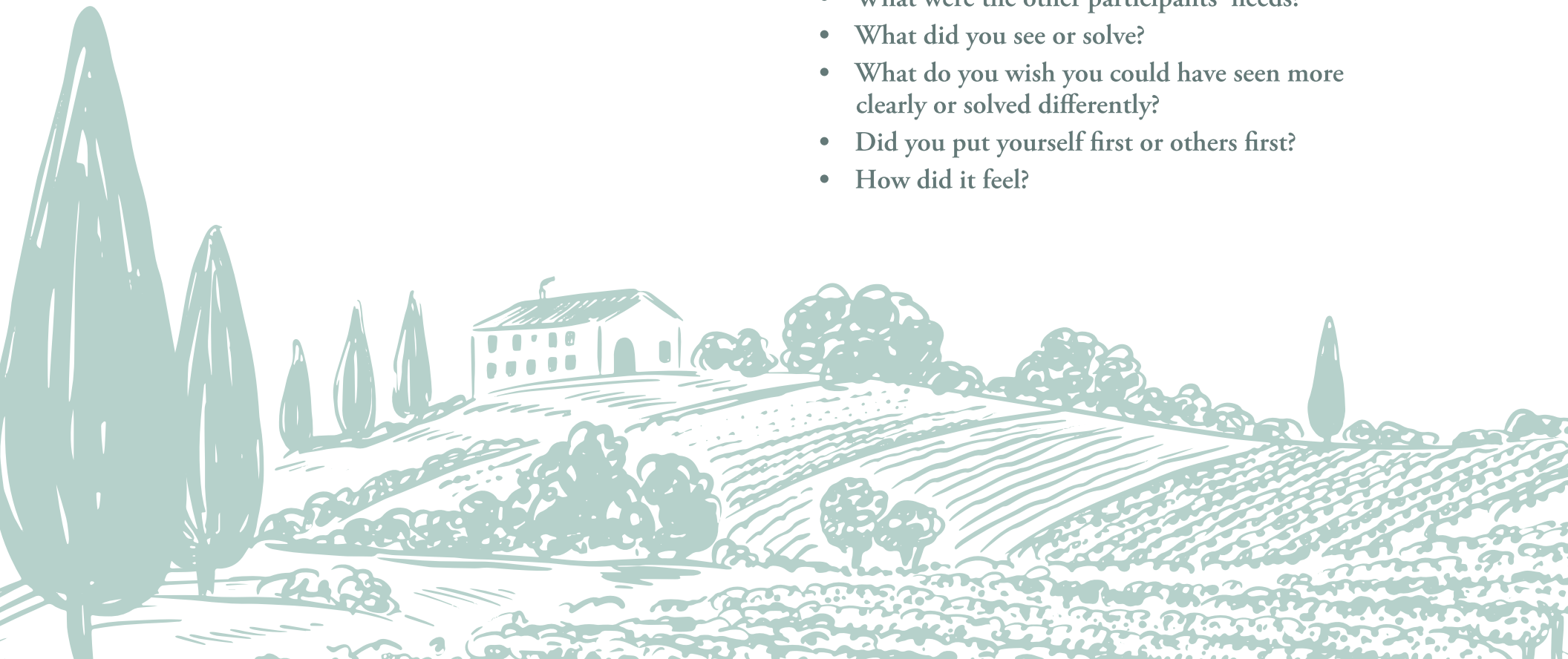


Othership Exercise

Use this exercise to think about one of your cherished relational ecosystems, whether, family, business, faith, or friendships. Think of a time when you felt either, 1. Extreme joy, or 2. Extreme sorrow, pain or remorse. Grab your notebook and take some quiet time to answer these questions.

- What happened?
- What instincts were in motion?
- What did you successfully anticipate?
- What surprised or blindsided you?
- Which dominoes fell first?
- What were your needs in this situation?
- What were the other participants' needs?
- What did you see or solve?
- What do you wish you could have seen more clearly or solved differently?
- Did you put yourself first or others first?
- How did it feel?





Care to Know™

Learn more at [CaretoKnow.info](https://www.CaretoKnow.info)

©2025 Strazzeri Mancini, LLP. All Rights Reserved.