



Exploring My Inner World

Develop skills in PRH self-analysis

YOU CAN EXPECT THIS WORKSHOP TO HELP YOU:

- Discover and practice the method of analysis of sensations as proposed by PRH in order to better understand what is happening within you.
- Distinguish various types of inner experiences.
- Learn to identify sensations having psychological content, explore them, and go deeper into them in order to learn something new about yourself.
- Understand yourself better and accelerate your growth.

WORKSHOP OUTLINE

- *Global approach*
- *The three phases of the PRH analysis method:*
 - Phase 1: Identifying a sensation to be analyzed
 - Phase 2: Exploring the sensation
 - Phase 3: Going deeper into the sensation
- *Apprenticing PRH analysis:*

The focus is on two types of sensations: the analysis of positive and of negative or painful sensations
- *Action plan and final review*

WORKSHOP PROCESS

This process takes place in a group. Through questions you are asked to observe a particular area in your life and to describe your experience of it. This personal time of guided written exploration is followed by optional sharing without any discussion. In order to deepen each individual's exploration, the educator offers input and various supporting resources (diagrams, commentaries, observation papers, etc.). The diverse experiences shared in the group are enriching for participants. You are also given opportunities to reflect and make decisions that are relevant to your life.

CONDITIONS FOR PARTICIPATION

The workshop is open to all adults. It is recommended to have taken one or two other PRH workshops, including the *Who Am I?* or *Discovering the core of my identity* or *Growing in personal solidity*.