



SAYING THE *UNSAID

FAQ'S

These process groups are an experiment in transparency. See our [Group Rules](#) for more guidance.

01. HOW BIG ARE THE GROUPS?

Between 4-8 people including the leaders.

02. HOW LONG ARE THE SESSIONS?

1 hour 15 min per session once a week over Zoom

03. HOW MUCH DOES IT COST?

\$60/session for Dip Your Toes
\$80/80 min. sessions for Ongoing Groups
Sliding scale available

04. HOW LONG DO THEY GO FOR?

The weekly groups are ongoing and we require 2 weeks notice before leaving, which means you're committing to a minimum of 3 weeks.

05. THIS SOUNDS TERRIFYING.

It is! And invigorating, and survivable. The goal is for you to say, by the end,



"I'VE NEVER BEEN HERE BEFORE. I FEEL CLOSE TO THESE PEOPLE. THIS IS NEW AND EXCITING."

06. WHAT IF WE'RE FRIENDS?

Then it probably won't be work for you to be in our group, depending on some variables. Email us.

07. IS THIS FOR EVERYONE?

Probably not. Nothing is for everyone. If you're curious, reach out.

08. IS THERE A THEME?

No. In the first meeting we'll ask you what you're feeling or thinking in that moment. Then we'll go from there. At the beginning of the next meeting we'll ask what you didn't say, or wished you had said.

09. AREN'T WE NOT SUPPOSED TO JUDGE OR MAKE ASSUMPTIONS?

We are constantly doing both. The options are to acknowledge the judgements or disavow them, and when we disavow them we unconsciously act them out.

10. SO IT'S BASICALLY 'BLUNT CLUB'?

In a way yes, but it's not just for the sake of being blunt. Our goal is to connect better to ourselves and others.

11. YOU'RE NOT SUPPOSED TO 'SAY THE UNSAID' ALL THE TIME, RIGHT?

Right. But most of us could do it a lot more. And it's necessary for relationships where you want intimacy and closeness,

THIS IS GOOD FOR PEOPLE WHO WANT TO:

1. ACCESS FEELINGS
2. MAKE THEM INTERPERSONAL
3. TOLERATE DISCOMFORT
4. BE SURPRISED

START

12. WHO IS THIS BEST FOR?

People who

- struggle with perfectionism, conflict avoidance or compulsive politeness,
- want to get more in touch with their dreams, anger, sexuality, and intuition
- are bored, lonely, or stuck in their relationships
- want to experiment with taking off their mask and find out how others perceive them

