



BUFFER + TIDC

Prompts to Invite Meaningful Dialogue

BELONGING



Where do I feel connected—and where do I feel separate?

What would it mean to create space for everyone to feel seen, heard, and valued here?



UNDERSTANDING

What might be happening beneath the surface—for me and for others?

Where can I shift from judgment to curiosity?

FORGIVENESS



What am I holding onto that is asking to be released?

What might forgiveness—of self, others, or the system—look like in this moment?



FRAMEWORKS

What inner or outer frameworks are guiding me right now?

Do they support my values and intentions—or is it time to reimagine them?

EQUANIMITY



How can I return to center when I feel unsettled?

What practices or perspectives help me meet challenge with grace?



RESPECT

Am I honoring my own humanity as much as I honor others?

How can I show up today with integrity, even when it's hard?

***What is this moment asking of me?
What is it offering me? And who am I becoming through it?***

Read more at: caringessentials.net