

# BASIC ASSUMPTIONS

These are difficult times and this is difficult work: how might we approach it first as human beings?.

Escalation is a dynamic that involves at least two people.

We all “escalate“: in response to [something in] our environment, and in context of our whole life experience.

Whatever a person is doing is both an expression of a deeply felt need, and a survival response.

Whatever survival response we tend to fall back on is likely one that we’ve learned from how life has treated us and one that’s worked so far... but is also not the only one and may not be the best one for this moment.

The only person I can "de-escalate" is me.

## A ONE DAY WORKSHOP - IN TWO PARTS

**WORKshops for WORKers** series: Limited spaces, Small groups Sharing usable ideas and practical stuff you can use to suck less...

**Part 1 Sat 27<sup>th</sup> Nov**

**Part 2 Sat 4<sup>th</sup> Dec**

**9:30am to 1:30pm**

**Facilitator**  
Kevin Healey

**Fee \$200**

**Location:**  
Church of The Holy Trinity  
10 Trinity Square  
Toronto  
[Next to Eaton Centre]

**Register Online:**  
**Eventbrite: UN\_ESCALATE**

**More Info:**  
[www.recoverynet.ca](http://www.recoverynet.ca)

**recoverynet.ca**

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