

# CONNECTING HUMANS

## AUTHENTIC RELATING GAME NIGHT

### What is Authentic Relating (AR)

**Authentic Relating encompasses five Practices designed to cultivate vulnerable, intimate, trustable, empowering, and nourishing connections and relationships:**

1. Nourishing Connection, serving as an antidote to issues like addiction and depression.
2. Bringing the hidden into the light by making the implicit explicit and the unconscious conscious.
3. Being authentic means being genuinely oneself, while relating means actively engaging in a relationship with others. Authentic Relating requires both aspects.
4. Authentic Relating is a practice that involves embodiment, reconnecting with the body, embracing emotions, and harnessing their wisdom.
5. Authentic Relating advocates for a slower pace to remain attuned to the unfolding of events, to reality, and to one's own body. It encourages asking, "Can we take a moment to slow down?"

### THE 5 PRACTICES

- Welcome Everything
- Assume Nothing
- Reveal Your Experience
- Own Your Experience
- Honor Self and Other

### CONTACT

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