

Aura Soraya Angulo-Pichardo
CD702- *Working with People*
Triad Summary Paper

18 January 2023

Session #1 → Life Story

This initial first session with our triad was interesting. My teammates in this triad were Jason Lee and Ashleigh Weaver. Once we reviewed the roles we each were to play (*Speaker, Listener, Observer*), we went over some of the tips that we learned regarding each of these roles. As the speaker, I have to admit that I was really uncomfortable spending so much time talking about my “life story”. I had to really think about what I wanted the group to know about my life in a short amount of time. As I was speaking, the Listener, Jason nodded and made encouraging facial expressions. It was evident that he was really engaged with my story! When my time was up, Jason asked a few clarifying questions about some of the things that I mentioned.

When the time came for me to be the Listener, I really wanted to practice the tips that we learned in class because I know that it is an area in that I need to grow in. As the Speaker, Ashleigh was very candid in revealing the struggles that she had as a child. As she was speaking, I made sure to make mental notes of things I wanted to ask her and receive more clarification on specific things that she mentioned. Additionally, I made sure to maintain eye contact with her (as best as I could on Zoom), nodded agreeing, and try to match the energy that she was exhibiting. I have to admit that it was challenging for me to not think of questions I wanted to ask her as she was talking. Playing the role of the Listener for me was also a test of how much information I could retain without writing it down; I guess that also plays a significant role in being a good Listener.

As a Chaplain Candidate, one of the takeaways for me is avoiding the need to always have to say something. There is power in the silence and as I learned in class; “ there is a quiet that speaks louder than words”. It is okay to just sit there and listen and not say anything.

Aura Soraya Angulo-Pichardo
CD702- *Working with People*
Triad Summary Paper

20 January 2023
Session #2

Session #2 → “Hot Button Topics”

During this session, we shared personal information about ourselves that we wanted the other members to know. As the Speaker, I shared with the group the realization that the man that I have been married to since 2016 is not the man that I believe the Lord wants me to be with. There are several reasons for this and I shared them with the group. During my time speaking, Ashleigh was the listener and it was then that I was able to see for myself the power of asking the right question. She asked me if my husband were asked to give up something for me, would he? It is sad to say but I really had to think about that for a while.

It was a really simple question, but it really made me reflect on what she was asking and what I think his response was, would be saying about the kind of person that he really is. I realized that sometimes it made be hard asking that one, right question because it may be a hard one! One that gets to the very heart of the person and forces them to really think and make a decision.

When it was my turn to listen, I realized that as a listener I really had to force myself to silence my mind because I realized that I still kept trying to prepare the questions I wanted to ask the Speaker. I wonder if there is a way to just shut that off. I know this is any area that I need to continue to grow in because if I am preparing my response as they are talking.

This session taught me the power of asking the *right* question; the question that makes the Speaker turn within themselves and try to answer. As a Chaplain in a hospital, for example, there will be many opporntnities to ask the *right* question and that could ultimately have a very significant impact for the individual andor their family. I realize that my question has to be

intentional with the goal of not only helping the individual, but allowing them to realize that oftentimes, the answers are within themselves.

Aura Soraya Angulo-Pichardo
CD702- *Working with People*
Triad Summary Paper

21 January 2023

Session #3 → Processing what is currently happening in your life.

This final Triad Session was raw. All the cards were on the table and we each shared very personal and private information with each other. We all shared the darkness and the shadows; the things from our past or things that we were currently struggling with; the things that we are ashamed of. After just a few short days of working together in the triads, we were all able to build trust and make ourselves vulnerable. Jason was the first person to volunteer to share something that he dealt with before he was healed and released from it. After he shared, I felt compelled to let him know how proud of him I was. I articulated that oftentimes men are not allowed to show emotion or tap into their sensitive side because it shows weakness. I told him that we need more men like him because it would encourage other men to let their emotions out.

I have to admit that I was initially hesitant to share what I have in the darkness and the shadows of my life, but I was so encouraged and the class was such a supportive environment where I felt safe to share. On the first day of class, during introductions, Professor Park shared her story and shared her moments in the shadows and the darkness in front of her students. There was something in her story that I shared right with her; having an abortion. Professor Park did not know it, but her sharing her story, and her full and total transparency allowed me (and I

would not be surprised if also for other women in the class), to share that moment in our lives when we were overcome with shame.

One takeaway from the final triad session taught me, that there is power and transformation that can happen by sharing our stories with each other when we are moved by the Spirit to do so. There are so many of us that share the same stories and in sharing our stories, we heal each other.