



# Learning for Liberation

Ten of Cups Consulting

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## My Grappling Styles

### Adult First Explorer Form

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You've taken a meaningful step by committing to this work. At Ten of Cups Consulting, we don't take that lightly.

This form is about you sharing what you want us to know about ways you've worked through difficult things in the past. Think family dynamics, healthcare issues, job loss. This is valuable information as we tailor our support as much as possible to each person.

You may recognize places where you struggled or dropped off in the past. For purposes of this form, it is all important information about where you might need a little more support or some extra resource ideas.

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### How to Use This Form

Check everything that resonates. You can select as many as you like in each section. Every section has an open field at the bottom for anything we missed, because we know we missed things.

If any section does not apply to you due to physical, cognitive, or any other reason, simply mark N/A at the bottom and move on. There are no wrong answers.

Name

Date

# My Grappling Styles

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## 1. What Your Body Knows

- Take a walk, go for a jog or run; play tennis, pickleball, or go bowling
- Do neck rolls, shoulder shrugs, or arm stretches
- Dance — seated or standing — like nobody's watching
- Stretch, shake it out, or do seated torso twists
- Enjoy yoga, adaptive or otherwise
- Tap hands or feet rhythmically
- Swim, kayak, or row; take a bike ride or go rock climbing
- Lift weights, use a punching bag, jump rope, or shoot some hoops

*Other grappling practices that work to settle your body:*

N/A — This section does not apply to me

## 2. Ground Yourself

- Get near water if you can; take a warm shower or cool bath
- Engage in deep breathing or intentional breath work
- Commune with nature; enact a healing ritual
- Sit, kneel, or lay down on the ground, if your body allows
- Get out into the sun, sit in fresh air; rock gently or rhythmically
- Mow the lawn, dig in the dirt, plant something, or pull some weeds
- Hold a crystal; breathe in lavender or your preferred grounding scent

*Other grappling practices that help you ground yourself:*

N/A — This section does not apply to me

## 3. Create Art from Emotion

- Write, paint, or draw your feelings into a symbol
- Sing, hum, yodel, or recite something out loud
- Play your instrument
- Take photographs or collect something meaningful
- Cook or bake with intention
- Make something with your hands

*Other creative outlets you use as grappling practice:*

N/A — This section does not apply to me

## 4. Release and Let Go

- Laugh, cry, scream, yell, howl, or let your body respond however needed
- Clench and release, shake out your muscles
- Do self-massage on your arms, hands, or neck
- Write or journal through the feeling
- Channel energy into purposeful action

*Other grappling practices that help you release and let go:*

N/A — This section does not apply to me

## 5. Rest and Restore

- Rest your body and mind
- Listen to soothing music
- Revisit the comfort of your favorite movie, show, or book
- Explore a different place or style of learning
- Make time away from technology
- Sit quietly without an agenda
- Be still in nature, however that looks for you
- Spend time with an animal, walk the dog, feed the fish, pet the cat

*Other ways you grapple through restoration:*

N/A — This section does not apply to me

## 6. Connect with Others

- Talk it out by going deeper with your mentor or accountability group
- Make a meal with a supportive peer and talk it out
- Call someone you trust for reflection and encouragement
- Share something vulnerable with someone you trust
- Intentionally enlarge your social circle
- Connect with your spiritual or faith community

*Other ways you connect with others as you grapple information:*

N/A — This section does not apply to me

## 7. Unlearn From the Inside

- Think it out, plan it out, or talk it through with yourself
- Journal, pray, meditate, be curious
- Read or listen to something that challenges your thinking
- Do something you are not an expert at
- Sit with a hard truth without rushing to resolve it
- Replay new ideas and go deeper within each time
- Seek out an experience of awe

*Other grappling practices that help you unlearn from the inside:*

N/A — This section does not apply to me

## 8. Anger, Grief and Beyond

- Activate yourself — let a hard emotion move you toward something
- Be inspired by where your angry thoughts take you
- Lean into the grief that is core to this learning
- Express outrage through social action or discussion
- Give yourself affirmation and praise
- Reward yourself for depth with something connected to the work, like a book or a workshop

*Other grappling practices that help you work through anger and grief:*

N/A — This section does not apply to me



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If a white person has done more of their work, they are just more fluent in multiracial spaces. They don't show up as clueless. They don't center themselves. They treat people of color with dignity and respect. More importantly, they make spaces and organizations safer, and they embed racial justice throughout their institutions mission in the world.

-Angela Park

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Your honesty here isn't a risk, it is a guide,  
and we are honored to follow it.

This form will shape the way we work with you.  
We will return to it together as you grow.

*Unlearn. Relearn. Repeat.*