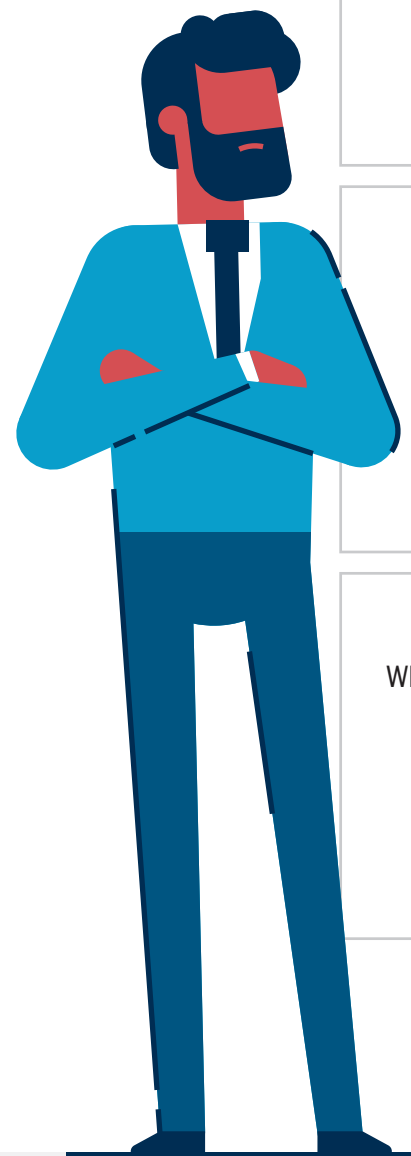


EMPATHIC CONVERSATIONS

THE DANCE OF RUPTURE AND REPAIR



BEHAVIOR REACTION:

What did you do or say based on this story?

MENTAL REACTION:

How did you interpret the trigger?
What story did you tell yourself?

BODY REACTION:

What emotion did you feel and where did you feel it?

OVERVIEW

Even though humans are built for connection, our experiences can create bias, assumptions, and sensitivities that can lead to fight or flight responses during everyday conversation. Our bodies feel the physical impact of these triggers first, and then our brains interpret the impact and send signals to our body causing us to react. By creating more distance between these responses, we can gain greater control over our actions and, ultimately, our impact on others.

DIRECTIONS:

- » Think about a recent difficult conversation where you were triggered by someone else's behavior.
- » Reflect on the physical feelings this trigger sparked in your body and how you reacted.
- » Consider how your response may have impacted someone else.
- » Reflect on how you can break this cycle of rupture and move toward repair.

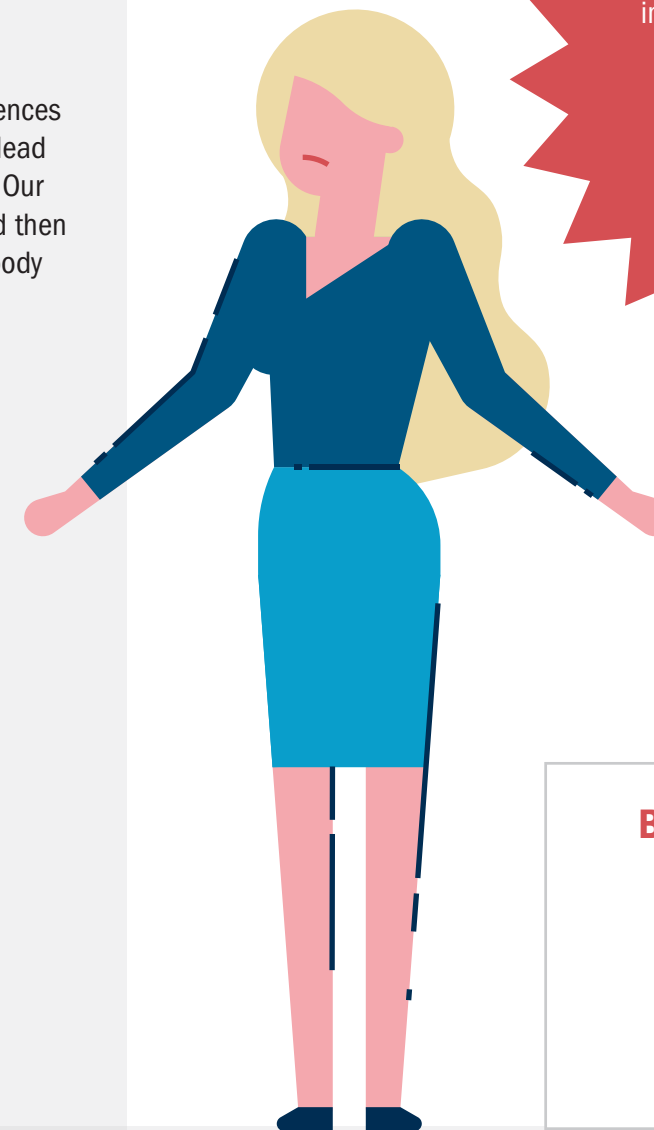
START

TRIGGER:

What happened or what was said?

TRIGGER:

How does your behavior impact the other person?



BREAKING THE CYCLE:

How could you move the interaction from rupture to repair?