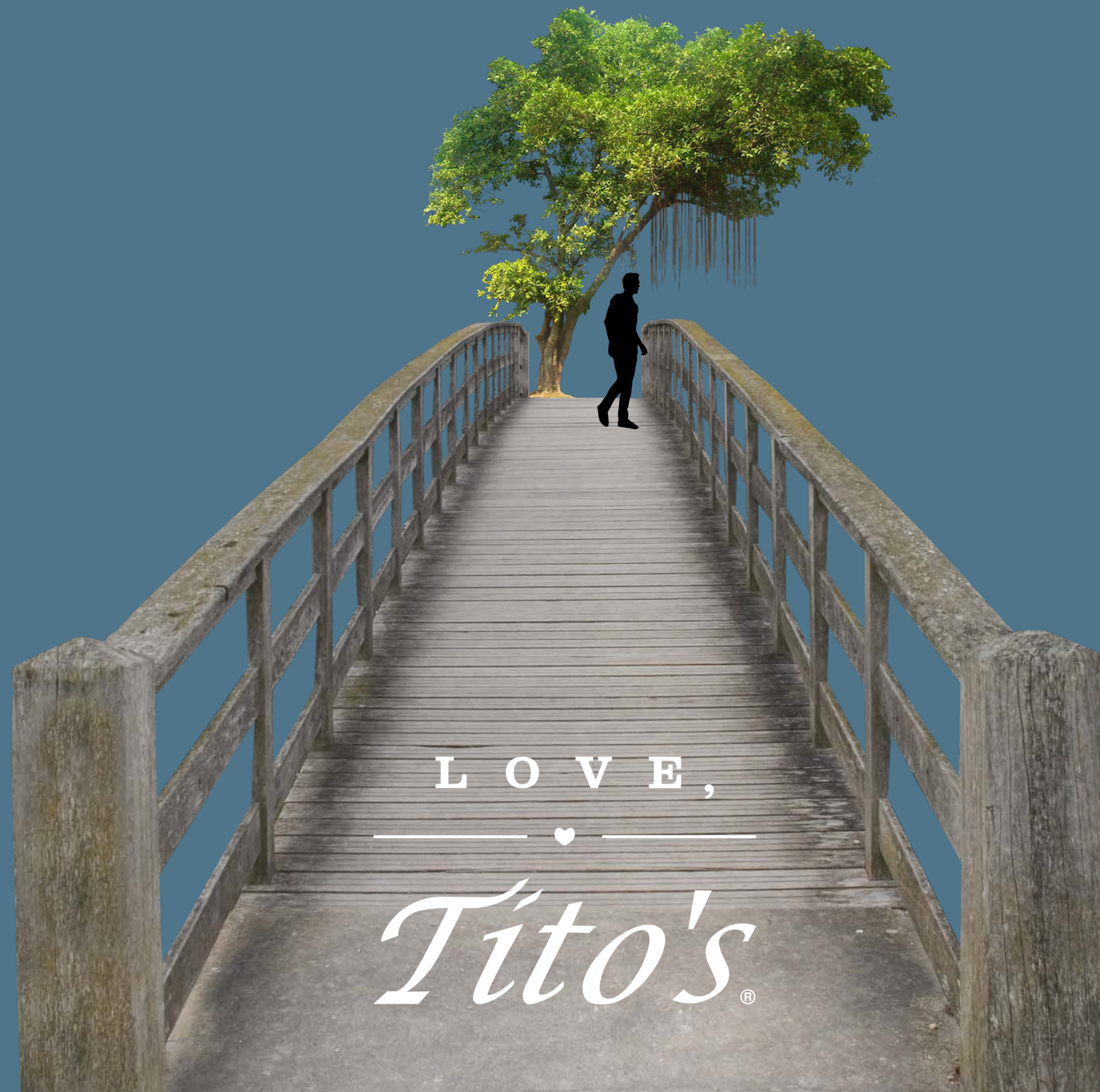


Building Bridges of Connection

A PATHWAY FORWARD IN A DIVIDED WORLD



LOVE,



Tito's®



Creating Connection

WHITH OUR HEART, NOT OUR HEAD



**Moment of Silence
Acknowledgement**

5 Keys For Creating Connection

IN A DIVIDED, SOCIALLY DISTANCED, REACTIONARY WORLD

1. TRIGGER AWARENESS

(understanding & owning what prevents you from connecting)

2. PRESENCE

(turn towards, eye contact, undivided attention)

3. CURIOSITY

(openness, & hmmm, wonder about common ground)

4. UNDERSTANDING

(reflect what was said, ask clarifying questions)

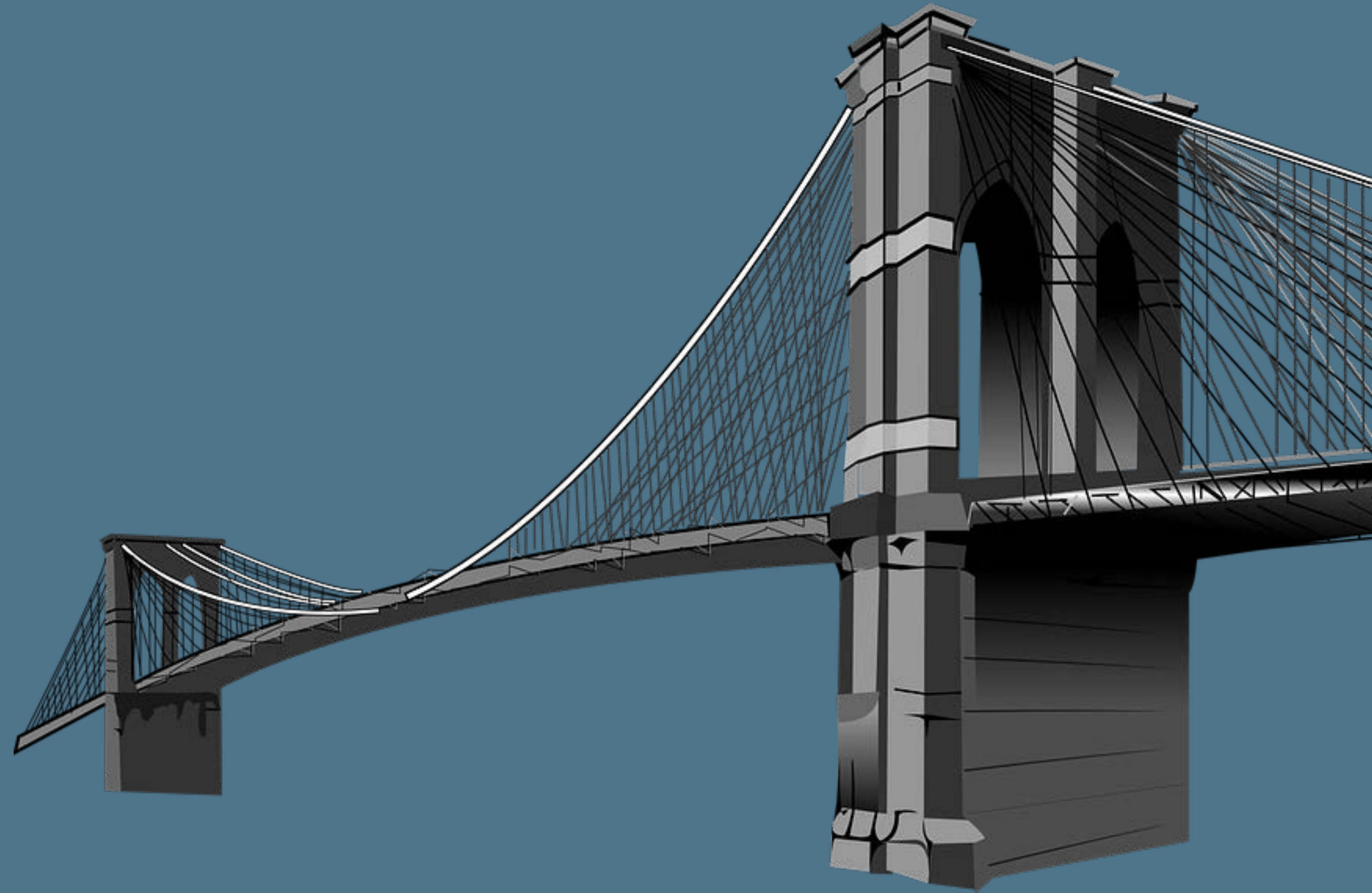
5. EMOTIONAL AWARENESS

(what is unexpressed, reveal inner experience)



Proposed “Easy” Topics

- RACISM
- POLITICS
- CORONAVIRUS
- GUN CONTROL
- CLIMATE CHANGE
- ABORTION



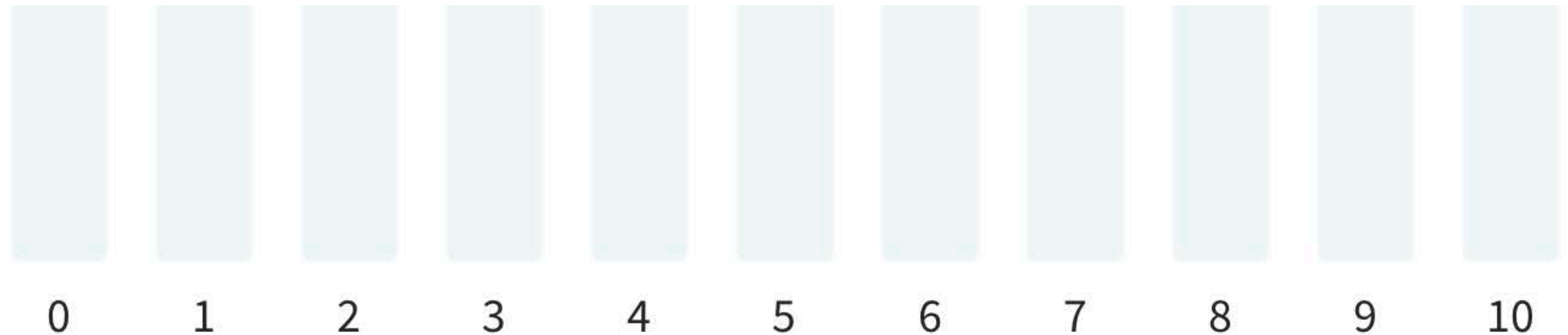


Our Agreement

- 1. Are you open to playful discovery & friendly learning?**
- 2. Can you trust in the experience even if it may not always make sense in the moment?**
- 3. Are you willing to see me & each other as allies for learning?**
- 4. Will you recommit to these agreements if you notice wavering away from them?**

How willing are you to create connection?

ASSUMES OTHERS ARE WILLING TO MEET & TALK WITH OPENNESS



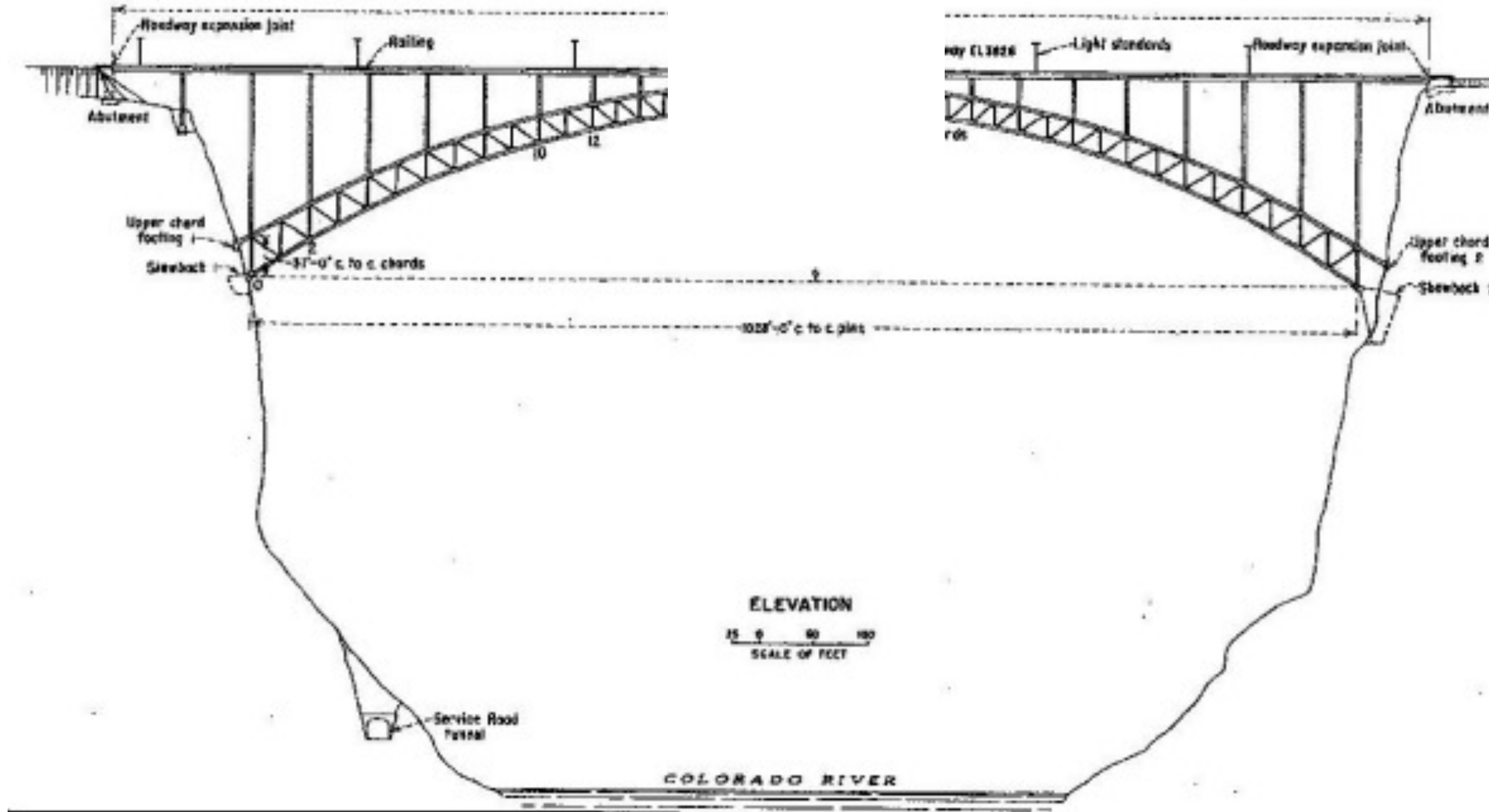
**0% Only work
with like-
minded people**

**50%
different
point of
view**

**100%
Opposite
world view
of me**

Willingness to Build Connection

REQUIRES AN ABILITY TO FIND COMMON GROUND



What Holds You Back?

FROM CONNECTING TO THOSE UNLIKE YOU

Listening Filter Examples

- **LISTENING TO DEFEND:** how the person has misunderstood the situation & responds defensively out of fear of doing it wrong
- **LISTENING TO AGREE/DISAGREE:** from a place of there being only one possible right or wrong solution or to try & feel superior to the other
- **LISTENING TO AVOID CONFLICT:** choosing agreement, regardless of what you really think or feel (like with a boss)
- **LISTENING WITH KNOW IT ALL:** quickly reacting with “yeah, I know that already,” without actually listening with an open mind
- **LISTENING WHILE MULTITASKING:** thinking about other stuff responding with quick gestures or phrases without being fully present or available to listen
- **LISTENING TO DEBATE:** Listen only with skepticism & respond with devil's advocacy
- **LISTENING TO FIX:** a problem before fully hearing what they have to say

What is a Trigger

A man in a blue jacket is sitting on a brown leather couch, pointing his right hand towards the left. In the foreground, a woman's hand is visible, holding a yellow pillow. The background shows a white door.

- **A COMMENT OR ACTION THAT PROVOKES AN UNCONSCIOUS EXAGGERATED REACTION** often experienced as anger, fear/fight response, or sadness.
- **RARELY ABOUT ACTUAL SUBJECT**, it has a compounded history of trauma that is unknowingly projected onto others.
- **OFTEN DIFFICULT TO RECOGNIZE** in the moment. Accessible after calming down by asking, “hmmm I wonder what is underneath that trigger & why do I feel so charged around this issue?”
- **IMPORTANT TO BECOME AWARE OF** in the moment to prevent conflict & say “wow, I notice I feel really triggered right now & I wonder what that is all about”. And notice if others might be triggered & not take it personal.

Left vs Right Trigger Buddies?

JP SEARS - COMEDY



The Science

THOSE THAT IDENTIFY AS CONSERVATIVES HAVE LARGER AMYGDALA'S & an area of the brain associated with the expression & processing of fear, so decisions focus on protecting their interests. (Schreiber, 2013)

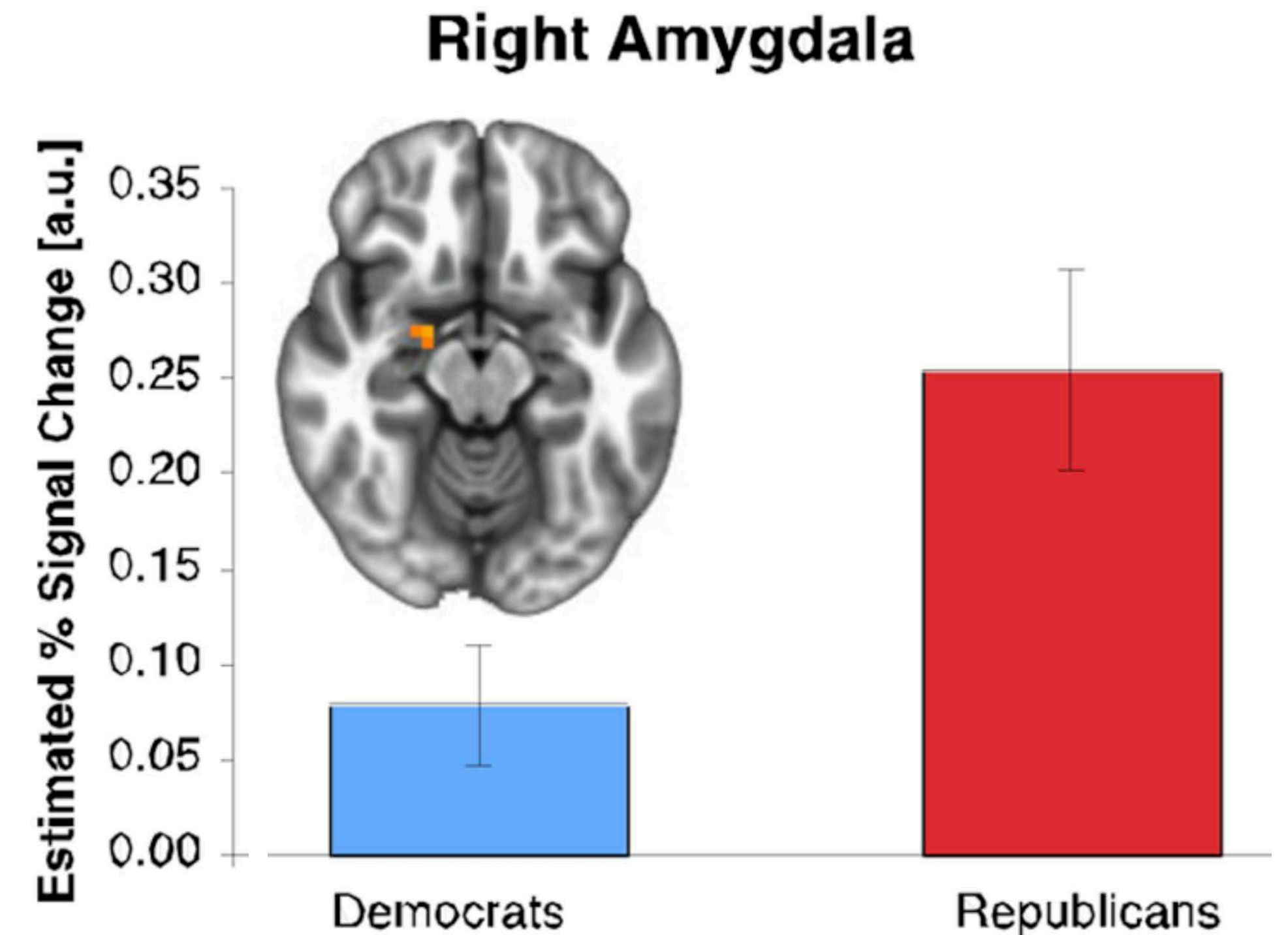
LIBERALS ATTEMPT TO AVOID & TOLERATE CONFLICT & UNCERTAINTY, SO THEY PROCESS SOCIAL ISSUES IN MORE NUANCED WAYS. MRI scans of self-described conservative young adults found they had more grey matter (number of neurons) volume in the right amygdala than their liberal counterparts. (Kanai, 2011)

INDUCING FEAR WAS FOUND TO SHIFT LIBERAL MINDSETS TO BE CONSERVATIVE. Study based on support for increased military spending after 9/11 attacks. (Nail, 2009)

MAKING CONSERVATIVES FEEL COMPLETELY SAFE WAS FOUND TO (TEMPORARILY) CHANGE THEIR POLITICS & MAKE THEM MORE LIBERAL according to two separate experiments. (Napier / Bargh, 2017)

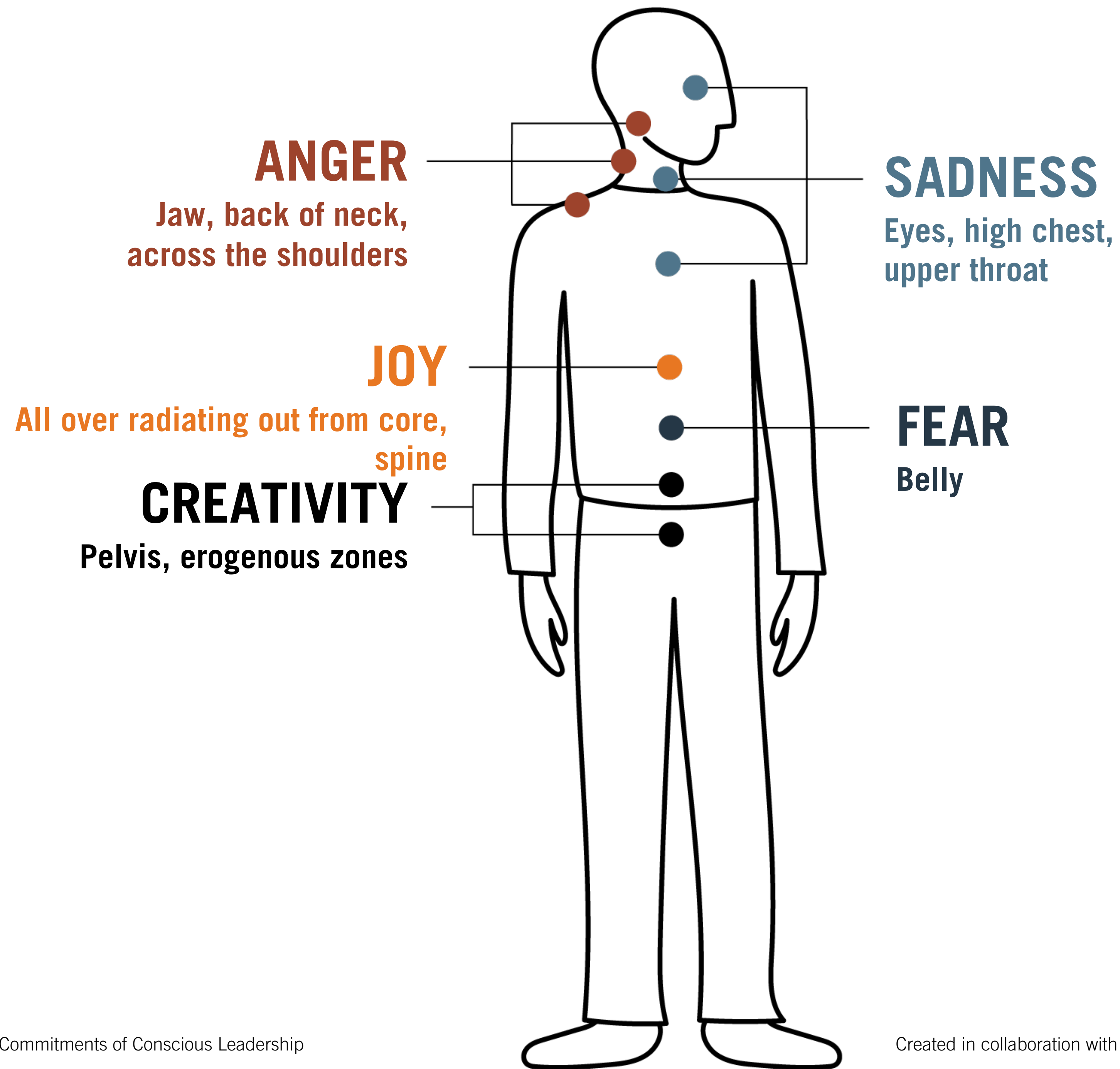
FEAR

Influence on political view



Exercise – Bridging





Conscious Listening ~~Listening Filter~~

- 1. PRESENCE** – eye contact, turn towards, undivided attention, openness to hearing what is being said, & commitment to being authentic.
- 2. CURIOSITY** – What might this person be wanting to share? Opening your mind to wondering: ‘What is the highest possibility that could emerge from this interaction?’
- 3. UNDERSTANDING** – reflect on the words they're saying. Ask clarifying questions, & confirm what you heard.
- 4. EMOTIONAL AWARENESS** – what is unexpressed that could be expressed (anger, sadness, fear, joy) by you or the speaker in an unarguable way – sharing your inner experience and asking for what you really want?



Where are you trying to get to?



Break Out Session

A PROCESS OF CREATING CONNECTION:

Sharing your triggers & practicing conscious listening

Remember, you can build bridges of
connection wherever you go.

THANK YOU

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L O V E ,



Tito's®

