



Connections - Your Brain on Relationships

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Agenda

- We are designed to.....Connect and Protect,
.....Thrive and Survive.
- What's it look like?
- Brain Basics
 - Origin
 - Parts
 - Patterns
 - Internal Conflict
 - What's not seen
- Living Relationally – What to do



What's the struggle look like?



Relationships = Brutal & Beautiful = Brutiful



You can be either “***Right*** or you can be in ***Relationship***”.....

- What does this mean to you?
- Last time you fought to be right?
- Is it ok to be “right”?
- How does this dynamic show up for you at work or at home?

Looks like.....



@ the Office

- Passive Aggressive
- Silent Treatment
- Throw under the bus...
- Not doing the work
- Not show up at work
- Retribution

@ Home

- Name Calling
- “you” statements
- Loud
- Defensive Affect
- Contempt
- Commanding Language
- Discipline
- Threats

Origin of Right



- Necessary for Survival
 - We come from most Fit/Right,
 - Friend or Foe
- Individual Journey – Memories
- Cultural
 - Families,
 - Sports,
 - Capitalism,
 - Schools.



Evolution

- ~200,000 years of Homo sapiens, Modern Humans
- Old Brain - Scanning for Danger/Scarcity/Right Mindset



New Brain

Middle Brain

Reptilian Brain

Brain Patterns



Old Brain

- Emotional
- Memories
- Feelings
- Scans for Danger
- Short-term
- OR – “I” Orientation
- 1st to be developed
- Reactive
 - Fight, Flight, Freeze, Submit

New Brain

- Rational
- Facts
- Computer/Spock
- Long-term
- Plus and Minus
- AND – “We” Orientation
- Later evolutionary Development
- Responds

Behavior



Intentions/Goals/Ideals

Creates “OR”



- Win or Lose
- Right or Wrong
- Moral or Immoral
- Black or White
- Heterosexual or Gay
- Same or Different
- Success or Failure
- Good or Bad
- Heaven or Hell
- In or Out
- Productive or Lazy
- Smart or Stupid
- Yes or No
- Liberal or Conservative

Remembering the day you first learned to tie your shoes is a form of explicit memory

Memory

Explicit

Implicit

Factual

Auto-
biographical

Emotions

Perceptions

Body
Actions

Body
Memories

Observer
Recall

Participant
Recall

After you have learned to tie your shoes, you do it without thinking. This is an example of implicit memory.



Subconscious Mind (SM) is in control 95% of the day. - Dr. Bruce Lipton



Event = Energy, Information and/or Relationships

Alternate Definition of Teamwork



**YOU AND I ARE ONE
AND I'M THE ONE.**



Internal Conflict



The new and old brain can be in conflict at times. Your New Brain ideals of loving your neighbor and your enemy, forgiveness, grace, and commitment are often at odds with the self-preserving directive of the reptilian brain.

We desire to live life by our New Brain ideals, but may struggle at times with the hard-wired reactions of the Old Brain, which views these ideals as foolish and dangerous when we feel emotionally or physically vulnerable.

Emotional and spiritual maturity involves living by our ideals even when we feel overwhelmed or at risk.



Well-resolved conflict
breeds
creativity/connection.



What's Not Seen?

- Behind every criticism is a frustration.
- Behind every frustration is a hurt or fear.
- Behind a hurt or fear is a wound.
- Behind wounds are unacknowledged, unexpressed needs or wants that desire to be honored/healed.

“What Is” + Resistance = *Increased Suffering*

Living Relationally



- Aware (Mind & Body), Options, Engage, Flow
- Listen to “What’s not Seen” using *New Brain/AND*
- Invitational Language
 - “I” statements, take turns.
- Don’t Personalize
 - Trigger yet not Cause
- 5:1 Ratio
- Have Fun!!
- Self-Care
 - Eat, Sleep, Water
 - Exercise
 - Reflective Practices
- Serenity Statement
 - Know what I can control, what I can’t.



“Language does have the power to change reality. Therefore, treat your words as the mighty instruments they are - to heal, to bring into being, to remove, as if by magic, the terrible violations of childhood, to nurture, to cherish, to bless, to forgive - to create from the whole cloth of your soul, true love.”

— [Daphne Rose Kingma](#)

Another way?



Example of Ubuntu, a southern African humanist philosophy:

A stranger tells a group of children a big surprise will be awarded to whomever crosses the finish line first in a race from where they are standing to a place between two trees. As soon as the children understand that the winner is whomever crosses the finish line first, they hold hands and run together, crossing at exactly the same time. When asked by the stranger why they would do that, they explained that something good would be no use to one of them, and that the only way for everyone to enjoy it is if they can share it together.



Thanks for coming!



References



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