

# Workshop Overview



**The Problem** – not taught how to have authentic communication  
We are wired for connection – we need it



**The Solution** – transforming our physiology for survival into  
physiology for connection  
Slowing down our reactions for our vulnerable responses



**Emotional Code Switching** – leaving our conditioning for  
connection

*A science-based approach to finding and developing connected relationships*

# Two Concepts



**Emotional Physiology**  
how our bodies orient  
towards safety



**Attachment Theory**  
how we organize around  
connection

# The Problem



Stress and trauma prevents connection

Limited emotional safety, modeling, or instructions

# Survival Physiology Prevails

- We are hardwired to survive before anything else
- For authentic communication, safety is important
- Changing our response to stress allows for deeper connections



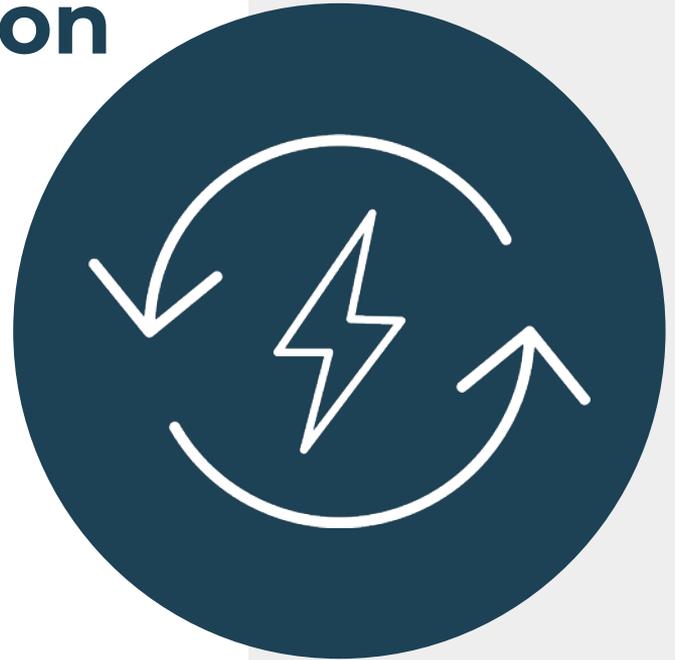
# Attachment Injuries

- Mammals are wired for connection
- Sue Johnson, Ph.D. studied the science of love relationships through the lines of attachment
- Attachment in early relationships shapes us
- Early relationships can cause us to protect ourselves



# Organizing Around Trauma of Disconnection

- Attachment in early relationships shapes us
- Avoiding vulnerability as protection mechanisms
- Protection taking a risk



# Prompt

Share your own fears, hesitation, protection, and promises you made to yourself to avoid the risk of vulnerable, authentic communication.

# The Solution



## **Use vulnerability**

to create  
connection



## **ROC**

slow down to  
Relax, Open up to  
be vulnerable,  
risk Connection



## **Start**

become open to  
YOUR experience

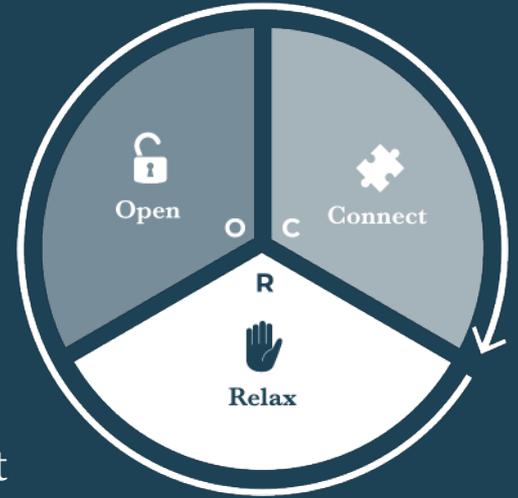


## **Share**

from your  
vulnerability

# ROC Formula

Slow down to **Relax**, **Open** up to be vulnerable, and risk to **Connect**.



## Relax

- **Slow down**, relax, and experience what is happening
- Accept-- to the best of your ability -- what is occurring. Take a breath, pause, meditate -- whatever it takes to slow down
- Slow down to relax

## Open

- **Be vulnerable**. Take the risk to feel what is true for you.
- Allow yourself to be impacted by another
- Open to be vulnerable

## Connect

- **Risk to connect**
- Connect to others — speak what you are feeling. Speak your truth.
- Take a risk

# Prompt

Share something emotional in a vulnerable way and take the risk for a vulnerable, authentic communication.  
3 minutes each.

# Emotional Code Switching

How we need to switch our "**emotional code**" from what we were trained – how we leave our survival behaviors for vulnerable, authentic communication



# Compassion

Compassion for self and other —  
how can the journey be healing  
and empowering?