

# Breakup Bootcamp & Owen Marcus MELD

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## 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*

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## Two Concepts



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



**Attachment Theory**  
how we organize around  
connection

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## The Problem



Stress and trauma prevents connection

Limited emotional safety, modeling, or instructions

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## 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



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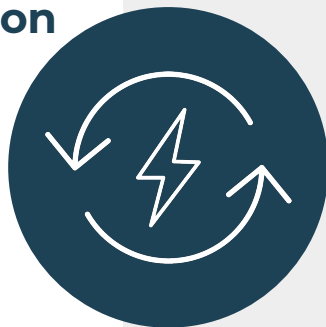
## Attachment Injuries

- 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



## 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

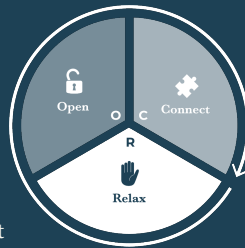


**Share**  
from your  
vulnerability

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## 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

## 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?