

Outline

Created for Connection

Emotional Connection

Responding to Bids

Human Brain

Psalm 139:14 "I will praise thee; for I am fearfully and wonderfully made: marvellous are thy works; and that my soul knoweth right well."

Mirror Neurons



- Viewing action in another leads to neurons firing in same location of viewers brain.
- Virtual reality simulation of another person's action.

Video Illustration of Mirror Neurons

TWIN BABIES

Words or phrases describe emotional connection

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Video Illustration – Pain of disconnection

EFT COUPLE

Which is worse?

conflict in marriage

emotional disconnect in marriage

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What fuels connection?

- Couples are always making “bids” for each other’s affection, support, and attention.
- Real-life romance is fueled by the daily humdrum interactions in life.
- In a study of newlyweds:
 - Couples responding to “bids” on average of 86% of time were still married after 6 years.
 - Couples responding to “bids” on average of 33% of time were divorced after 6 years.
- Bids can be as meaningless as “it’s raining so hard today,” to as meaningful as “I need you.”

The Seven Principles Of Making Marriage Work (Gottman And Silver, 2015)

Type of Bids

VERBAL	NONVERBAL
<ul style="list-style-type: none"> • “While you’re up, could you grab the ketchup, please?” • “Wow! You sure look amazing in that outfit!” • “I blew the presentation I had today.” 	<ul style="list-style-type: none"> • Affectionate touch • Facial expressions • Kind gestures

Responding to Bids

Psalm 36:7 “how excellent is thy lovingkindness, O god! Therefore the children of men put their trust under the shadow of thy wings.”

Response Types



Example #1

"Did you notice the sunset? It is beautiful!"

Turning Toward

"I didn't notice it. Tell me what makes it so beautiful to you?"

Turning Against

"Did you notice that I am reading?"

Turning Away

Pretending to read newspaper.

Example #2

"I would really appreciate it if you would pick up your clothes off the floor."

Turning Toward

"That probably annoys you. I'll pick them up now. Sorry."

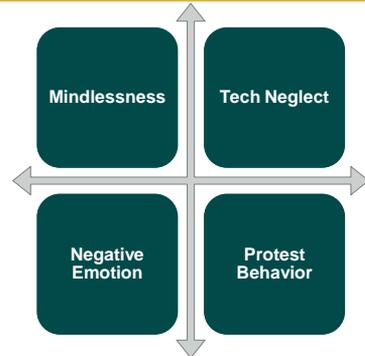
Turning Against

"Why? You never take out the trash."

Turning Away

Leaves the room.

Barriers to Responding



Connection Frequency

Greater and more frequent desire for connection.

Greater and more frequent desire for independence.



CULTIVATING CONNECTIONS
MARRIAGE CONFERENCE 2018

Appendix: Coping with Negative Emotions

Coping with Negative Emotions

- Recognize beliefs about negative emotions
 - “You are a “wimp” if you express feelings of sadness and fear.”
- Acknowledge the difficulty of responding to negative emotions while expressing willingness to grow.
- Learn to practice self-soothing or calming exercises.
- Focus on understanding and “witnessing.”
- Seek to use explanatory statements or open-ended questions
 - “Tell me your major concerns.”
 - “What makes this situation so difficult or stressful?”
 - “What do you need from me right now?”

The Seven Principles Of Making Marriage Work (Gottman And Silver, 2015)

Listening to Sadness

- Signals something is missing or lost.
- Inquire about what is missing?
- Unless asked, seek listening rather than relief.



The Seven Principles Of Making Marriage Work (Gottman And Silver, 2015)

Listening to Anger

- Seek not to take it personally.
- Refrain from telling your spouse to “calm down.”
- Behind anger, often feeling of being blocked from goal.
- Remember, anger is not always rational.



The Seven Principles Of Making Marriage Work (Gottman And Silver, 2015)