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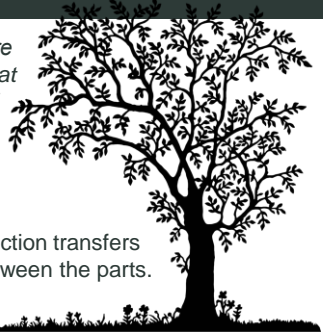
What is Connection?



Connection says...
 "You matter to me."

Why is it Important?

"I am the vine, ye are the branches: He that abideth in me, and I in him, the same bringeth forth much fruit." John 15:5



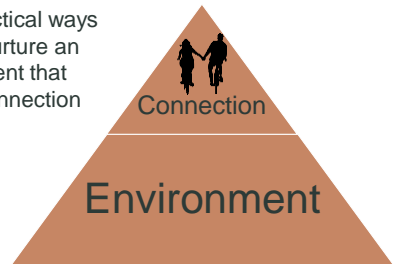
- Connection transfers life between the parts.

Examples of Connection



Focus:

- What practical ways can we nurture an environment that makes connection flourish?



Three Requirements for Connection

Proximity • Can we be reached?

Safety • Can we be vulnerable?

Warmth • Can we have grace towards each other?



Proximity: Can we be reached?

Physically

- Share time & experiences.

Emotionally

- Share inner-world.

Safety: Can we be vulnerable?

Acceptance

Exposure

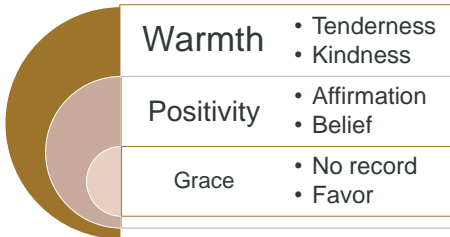
Acceptance

- Space is made for mistakes.
- Risks are seen and affirmed.
- Sharing negative emotions is encouraged.
- Seeking to understand reactivity in context.

Exposure

- Spouses share openly about fear of exposure.
- Risks are taken in effort to deepen connection.
- Spouses share their feelings.
- Spouses share context surrounding their actions.

Warmth: Can we have grace toward each other?



What does your environment look like?

