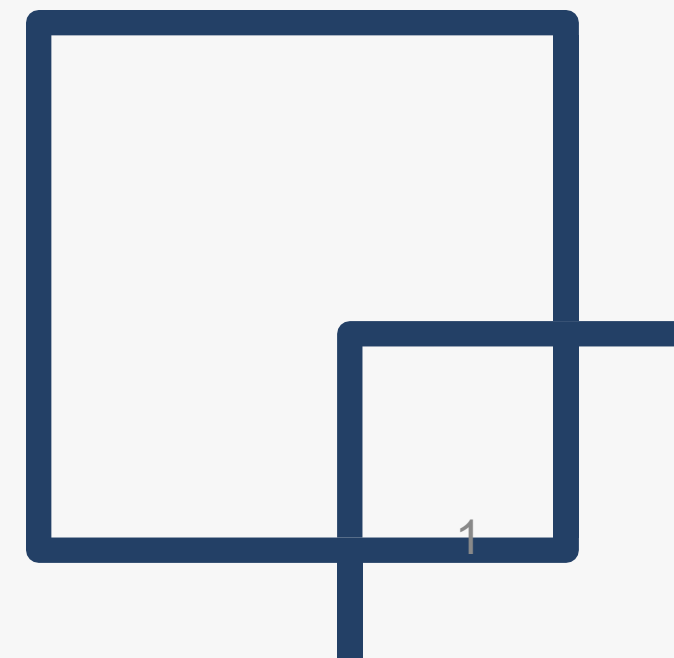




# 3 Skills Necessary for Connecting When you Don't Agree



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# Our Agenda



- About me
- A Brief Neuroscience of Human Relationships
- The Power of Presence
- The Power of Curiosity
- The Power of Tuning

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# Hello!



I'm Liz Lawrence, MA, LPC-S. One of the clinical directors for The Timothy Center, Austin's leader in quality, affordable, faith-based counseling services.



# Would you like to turn a disagreement into a conversation?

**You Don't Get It!**

**Agree to Disagree**

**You GET It!**

**We connected!**



# Brief Neuroscience of Human Relationships



Individual but related

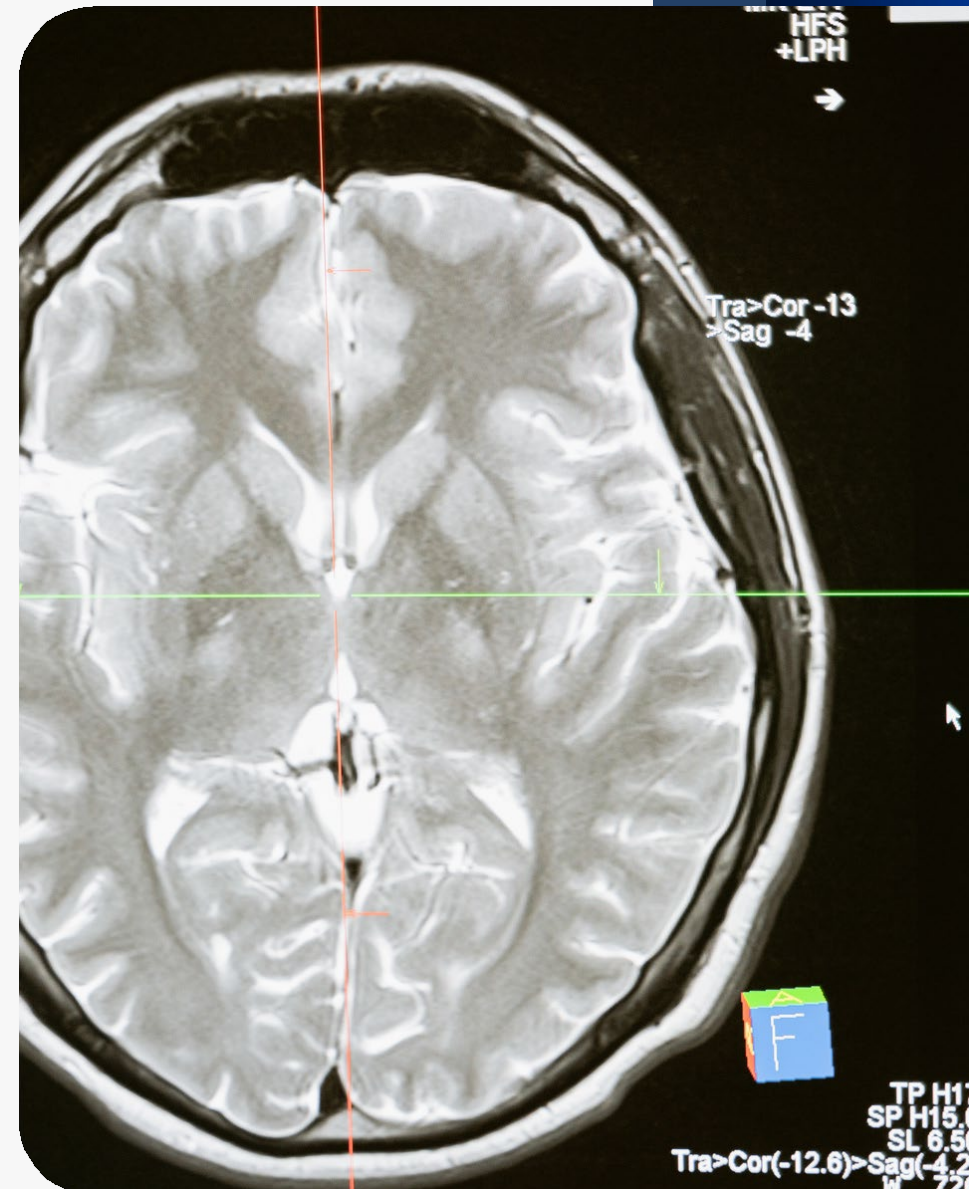
Regulated but connected

Whole People

Social Organ

Wired for joy and love

**the architecture of the brain can help us to better understand individuals and our relationships.**





# 3 Necessary Skills



To turn a disagreement into a conversation



## *The Power of Presence*

Learn the Skill of being present by noticing, listening and connecting



## *The Power of Curiosity*

Learn the Skill of connecting through being curious



## *The Power of Tuning*

Learn the Skill of emotional attunement

# The Power of Presence

## Practicing Presence

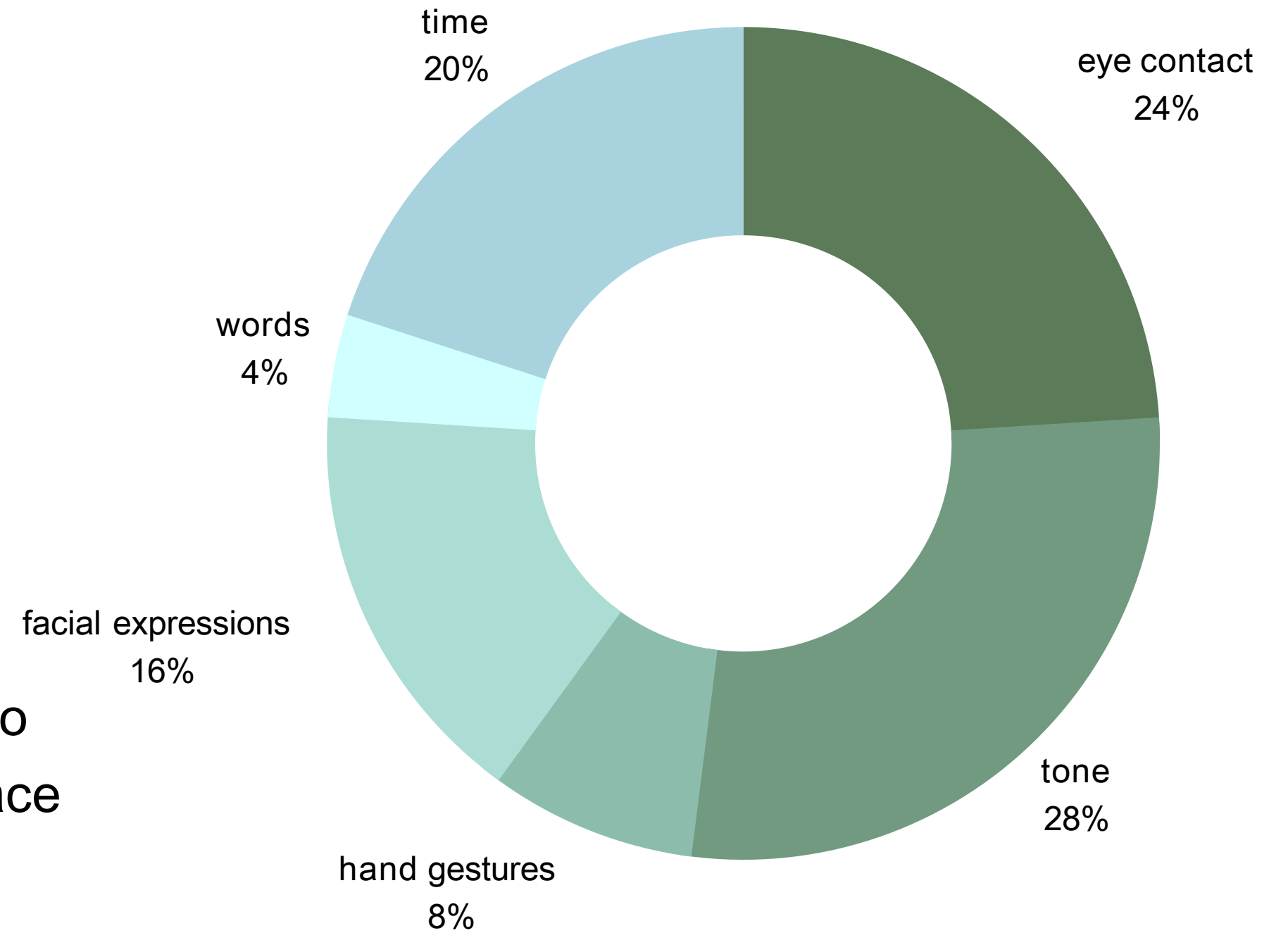
- show up fully
- if you get distracted, refocus
- invite wisdom into the conversation
- have discernment of when to sit and when to speak
- alleviate your own anxiety and fear

## think about this

That moment when you needed someone to be with you. You didn't need words, you needed them to sit with you. To take away loneliness or aloneness. That's the power of presence.

# Presence with kids and teens

- The debunked 93% / 7% nonverbal rule
- Kids of all ages pay attention more to tone, eye contact, and facial expressions.
- Repeat words or write them out.
- Kids of all ages spell love = "t.i.m.e" Face to face at first then side by side with some face to face





# The Power of Curiosity

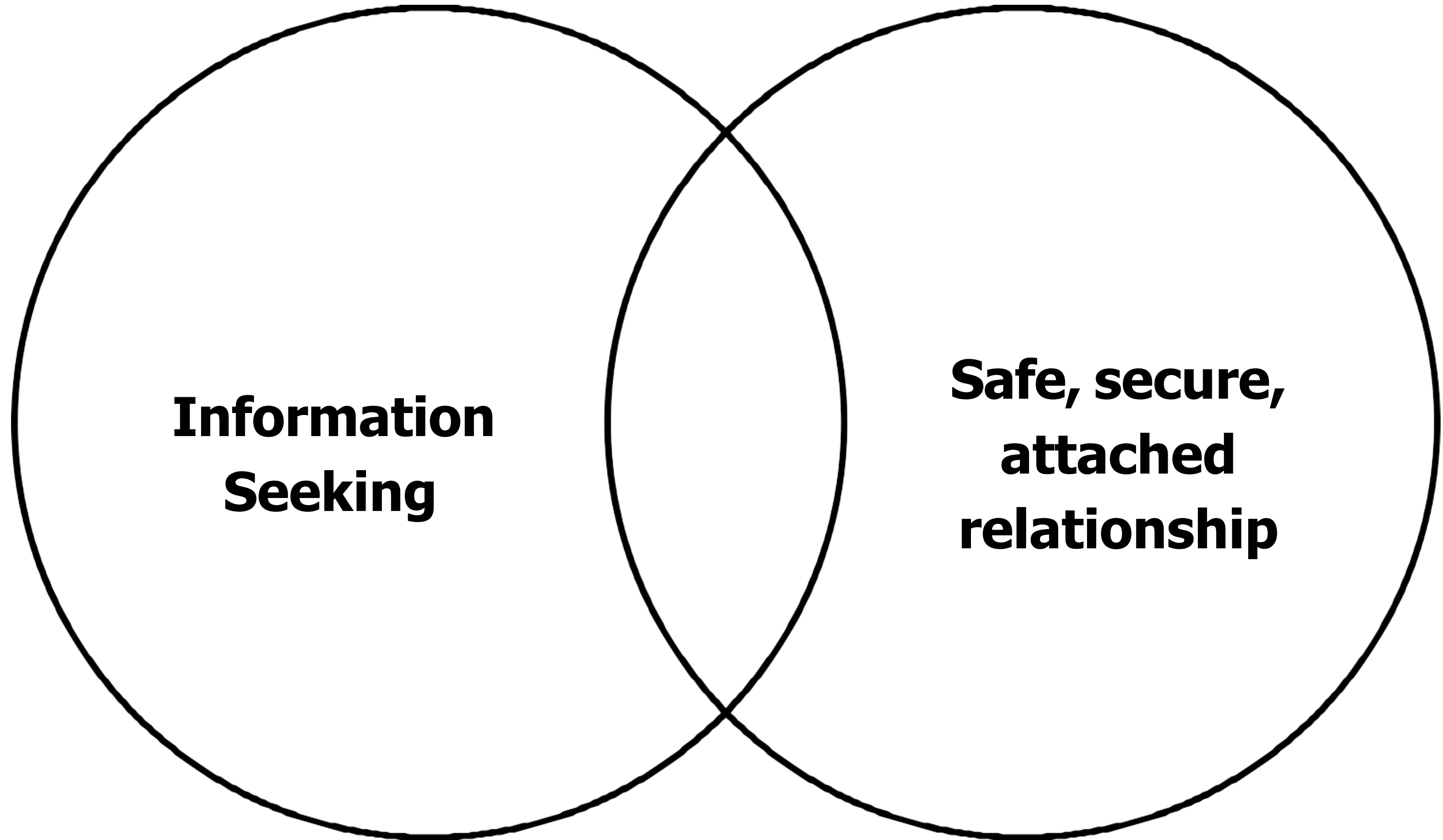
The basic building block for any point of connection starts with being curious.

**think about this:**

We can't be afraid and be curious.

We can be cautious and curious.

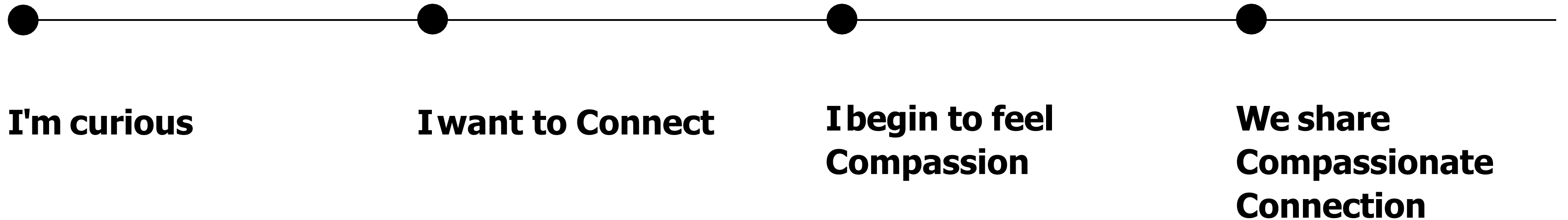




**Information  
Seeking**

**Safe, secure,  
attached  
relationship**

# Using Curiosity to Connect



# The Power of Tuning

## **Emotional Attunement - there are 6 elements**

- interpersonal emotional connection
- I see you
- I hear you
- I correctly understand
- I join you in emotions
- I genuinely care
- I am glad to be with you
- You feel I am glad to be with you

## **think about this**

That happy, positive memory. A time when you experienced something exciting or joyful with someone you love. And you were genuinely cared for and comforted.

# How we Tune - 6 elements



## Seeing

non-verbals, facial expression, tone of voice, eye contact, hand gestures, etc.



## Hearing

Give your attention. Listen. "Tell me more about that."



## Correctly Understanding

"Sounds to me like....., is that right?"; "Am I getting it?"

# How we Tune - 6 elements



## Validating

"Join" the other person in their experience. "I can see how you would feel that way." "I might feel that way too.", "That makes sense."



## Emotional Responding

Express what you feel for the other person. "I feel glad for you."; "I feel sad for you."



## Giving Joy

Let them know you are glad to be with the other person. "Thanks for sharing that with me. I enjoy being with you as we talk."

# The Power of Tuning

## **Emotional Attunement - there are 6 elements**

- increases receptivity to someone else's viewpoint
- paves the way for helping each other
- may even pave the way for changing a view of what actually did happen

## **think about this**

Pain + emotional attunement = peace, joy, increased capacity to deal with distress, greater openness to truth and to God, and NOT Alone

# 3 Necessary Skills



To turn a disagreement into a conversation



## ***The Power of Presence***

Learn the Skill of being present by noticing, listening and connecting



## ***The Power of Curiosity***

Learn the Skill of connecting through being curious



## ***The Power of Tuning***

Learn the Skill of emotional attunement



A photograph of a brick-paved path in a park, lined with large trees and benches. The path leads into the distance, flanked by green grass and mature trees with dense foliage. The scene is bright and clear, suggesting a sunny day. The text is overlaid on the left side of the image.

**With these skills you can turn a  
disagreement into a  
conversation**

**You GET It!**

**We connected!**



**Questions**



# Contact Us

←—————→  
The Timothy Center is in Austin, Texas where we provide quality, affordable, faith-based counseling for all life stages.

Online across the State of Texas.

Intensive Outpatient Programs for Teens and Adults

'Sexual Addiction Recovery

The Come Alongside Training for everyone  
*Confidently care without  
compromising your boundaries.*

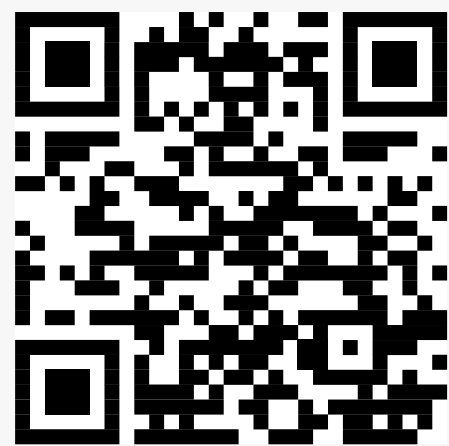


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# Thank You



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