The Body Doesn’t Lie

Risk Management through Somatic-Based Learning
What is an interpersonal risk?

Turn to your neighbor.
Interpersonal Risk

• Take a stand in opposition to another
• Name a difficult conversation
• State a need
• Say no
• Call someone out
• Share a near miss story
• Admit a mistake
• Start a new pattern in conversation
Risk: the possibility of loss or injury.
What happened?
Brain Evolution

Dignity
Neocortex

Belonging
Limbic

Safety
Amygdala

Sensation
Sensory / Motor
System 1
Intuition & instinct

95%
Unconscious
Fast
Associative
Automatic pilot

System 2
Rational thinking

5%
Takes effort
Slow
Logical
Lazy
Indecisive

Source: Daniel Kahneman
Name a risky conversation you avoid.

What is at stake for you:
Safety?
Connection?
Dignity?
Move Toward, Around, Away
Name the most uncomfortable move.

What happened in your body?

What happened in your mind?
As a child, how was interpersonal risk managed?

How does your current management of interpersonal risk reflect that?
Response

Event

Output

Sensation

Response

Thought
New Action = Discomfort
Stress

Prefrontal Cortex
Regulates the stress response by making things seem less scary

Amygdala
Detects things that are scary or dangerous in the environment

Hypothalamus
“wakes up” the Pituitary

Hormones from the Pituitary tell the Adrenal gland to release Cortisol

Adrenal Gland

Cortisol
Travels through the blood and tells other body parts to react to stress

Kidney

Blood Vessel
Window of Tolerance

High: Anger, Rage, Anxiety, Lockdown

Optimal Zone

Low: Depression, Avoidance, Rigidity, Cut-off
Share what you know about your automatic response to stress/discomfort.
Power to choose
Centering
Move Toward, Around, Away
What did you uncover about your somatic response to interpersonal risk?
What are your take-aways?
Tracy Rekart

- www.tracyrekart.com

- The Body Doesn’t Lie white paper on website

- Reach out with questions!
Thank you!