



The Body Doesn't Lie

Risk Management through
Somatic-Based Learning

What is an interpersonal risk?

Turn to your neighbor.

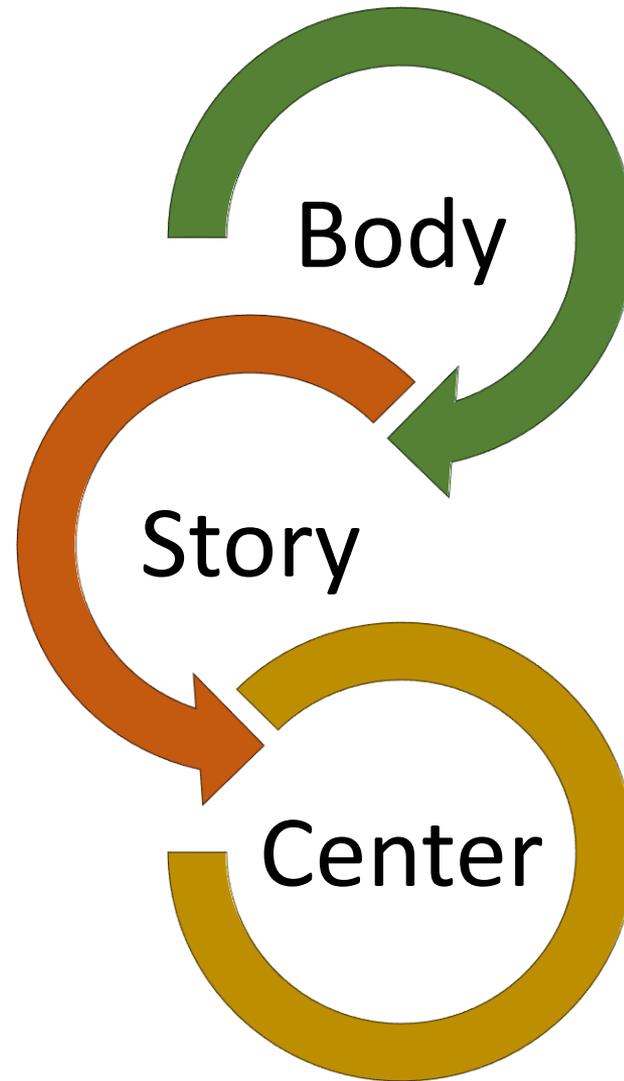
Interpersonal Risk

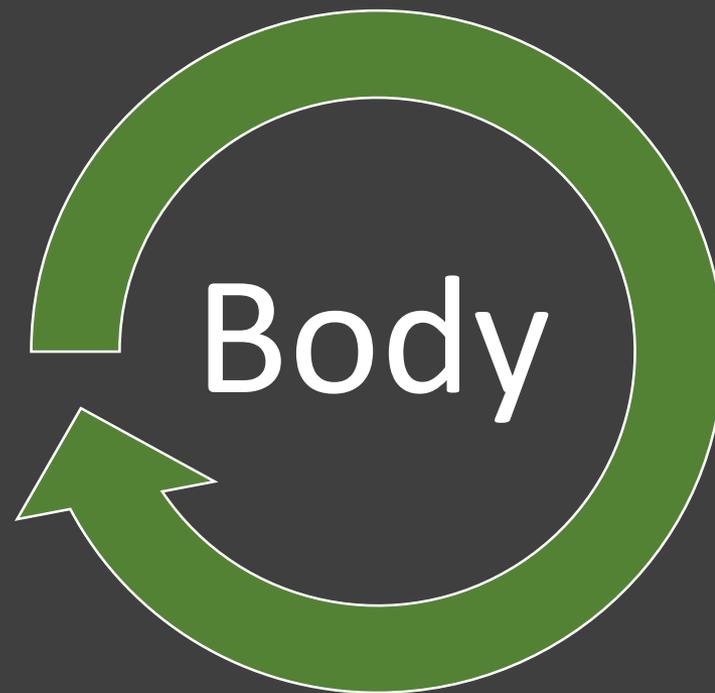
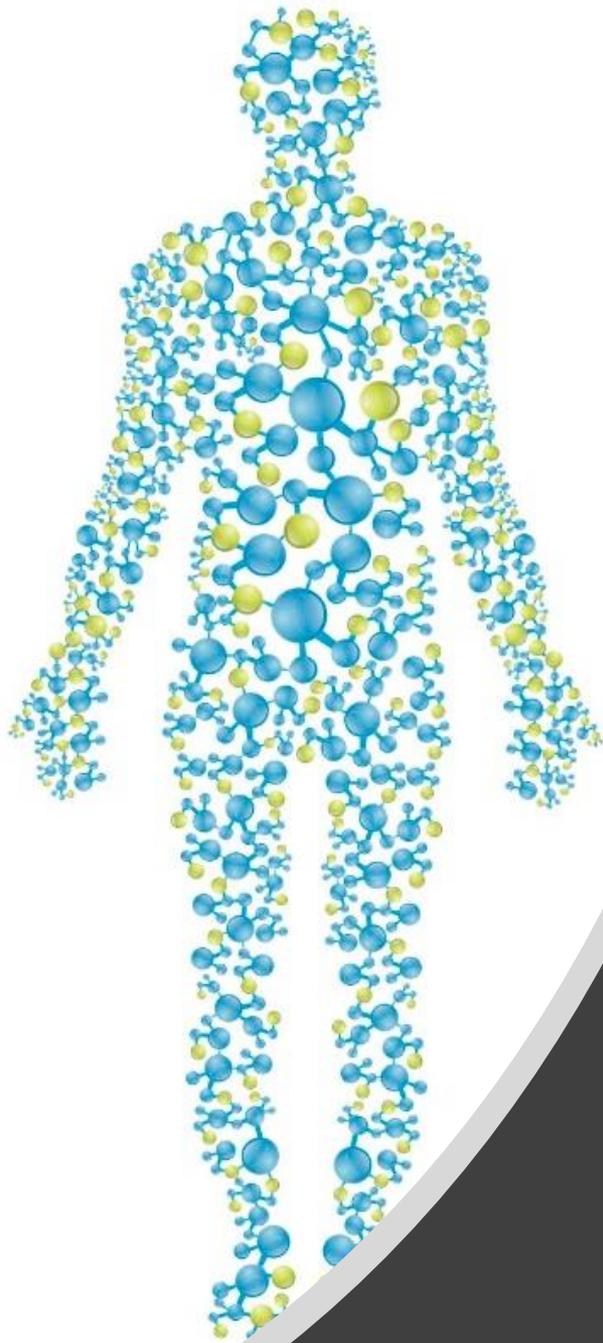
- Take a stand in opposition to another
- Name a difficult conversation
- State a need
- Say no
- Call someone out
- Share a near miss story
- Admit a mistake
- Start a new pattern in conversation



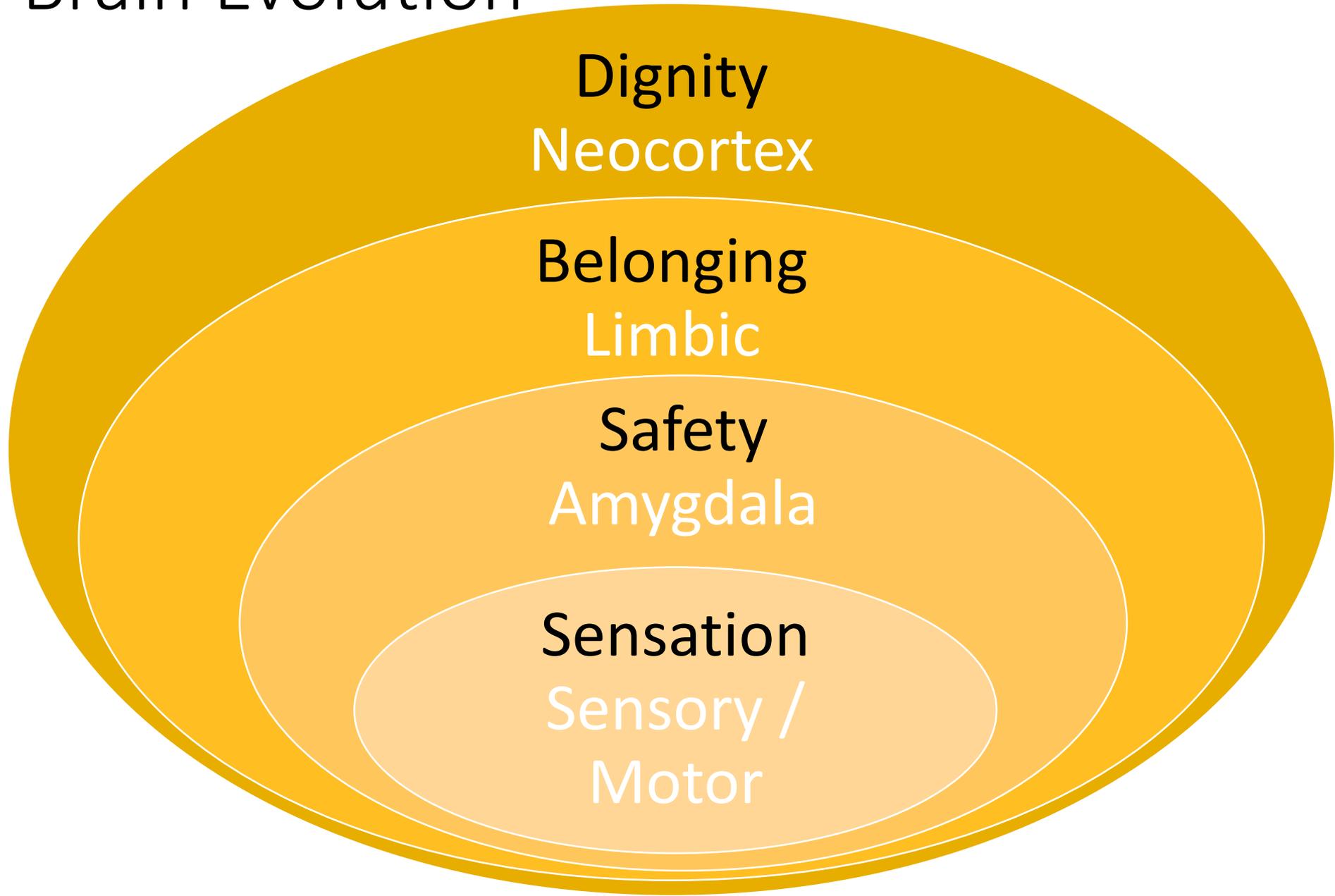
Risk:
the possibility
of loss or injury.

What happened?





Brain Evolution



SYSTEM 1

Intuition & instinct

95%

Unconscious
Fast
Associative
Automatic pilot



SYSTEM 2

Rational thinking

5%

Takes effort
Slow
Logical
Lazy
Indecisive

Source: Daniel Kahneman

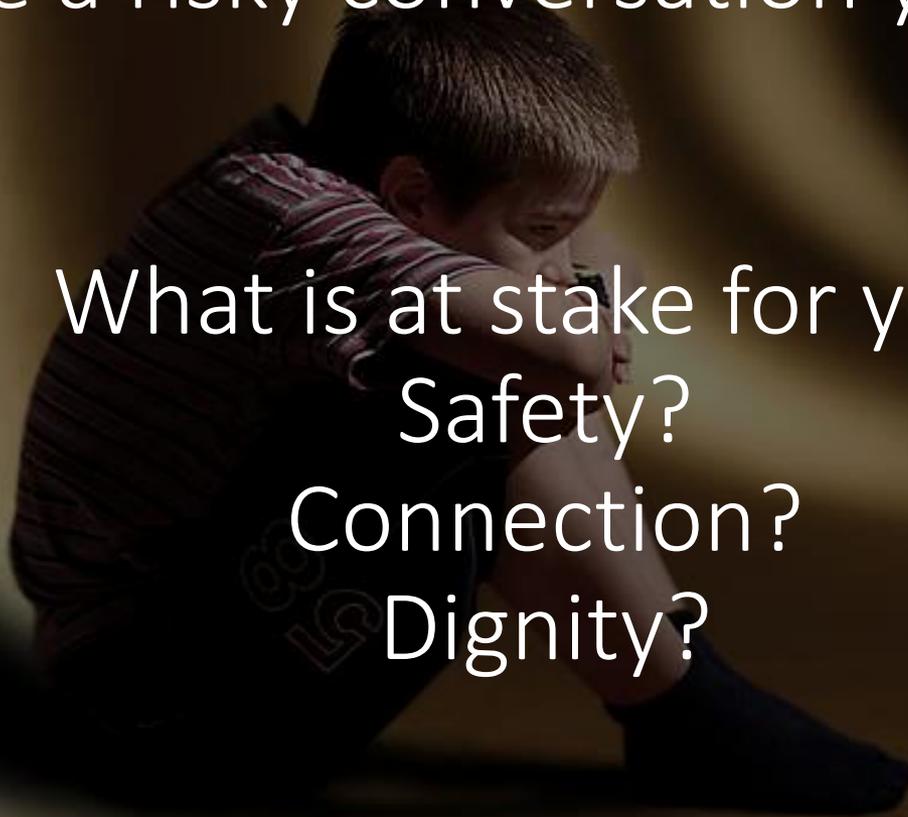
Name a risky conversation you avoid.

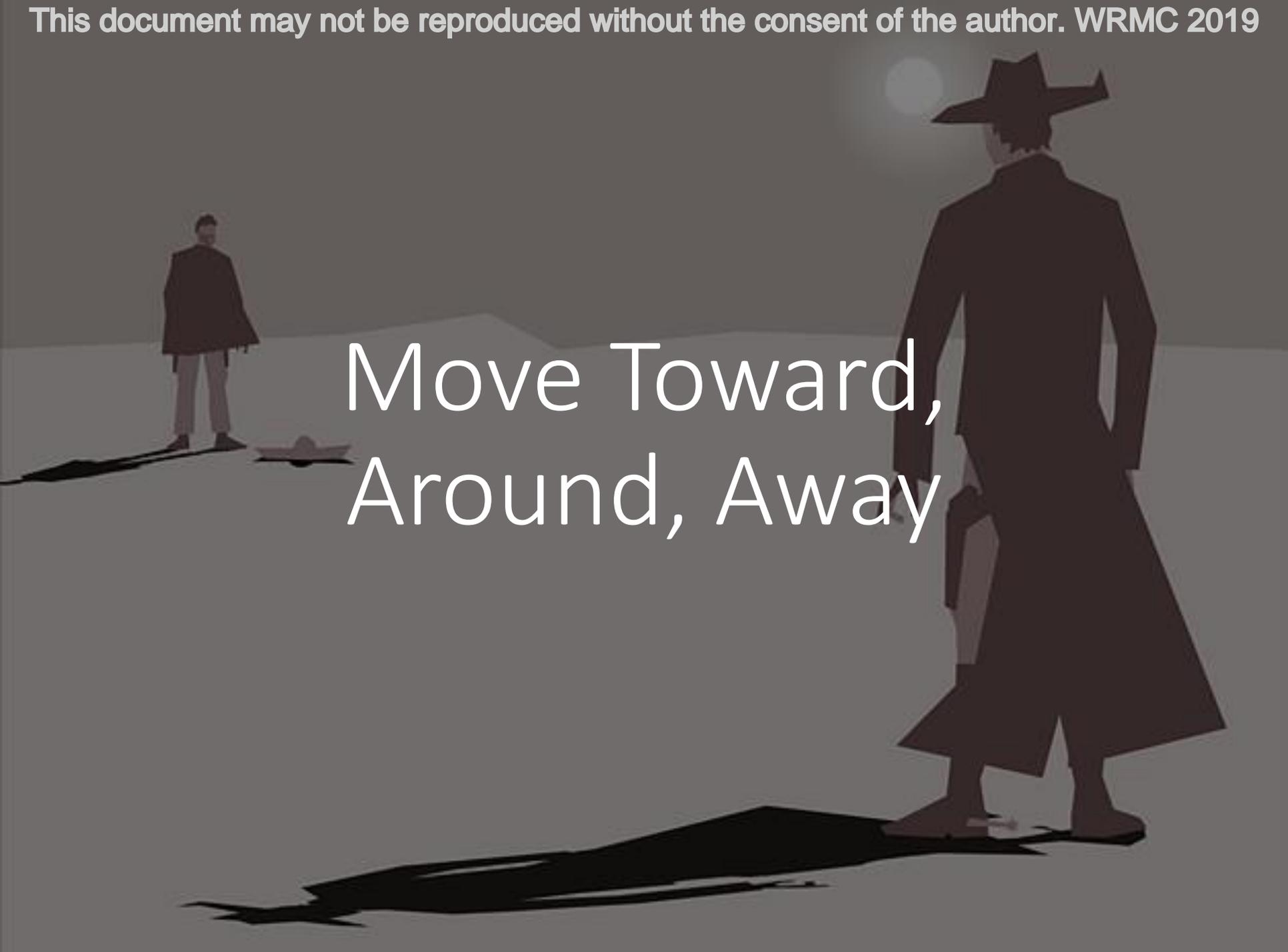
What is at stake for you:

Safety?

Connection?

Dignity?



The image features a dark, monochromatic scene with silhouettes of two men in a desert landscape. One man is in the foreground on the right, wearing a long coat and a wide-brimmed hat, looking towards the left. The other man is in the background on the left, also in a long coat, looking towards the right. A cowboy hat lies on the ground between them. The background shows rolling hills under a bright sun or moon. The text 'Move Toward, Around, Away' is centered in white.

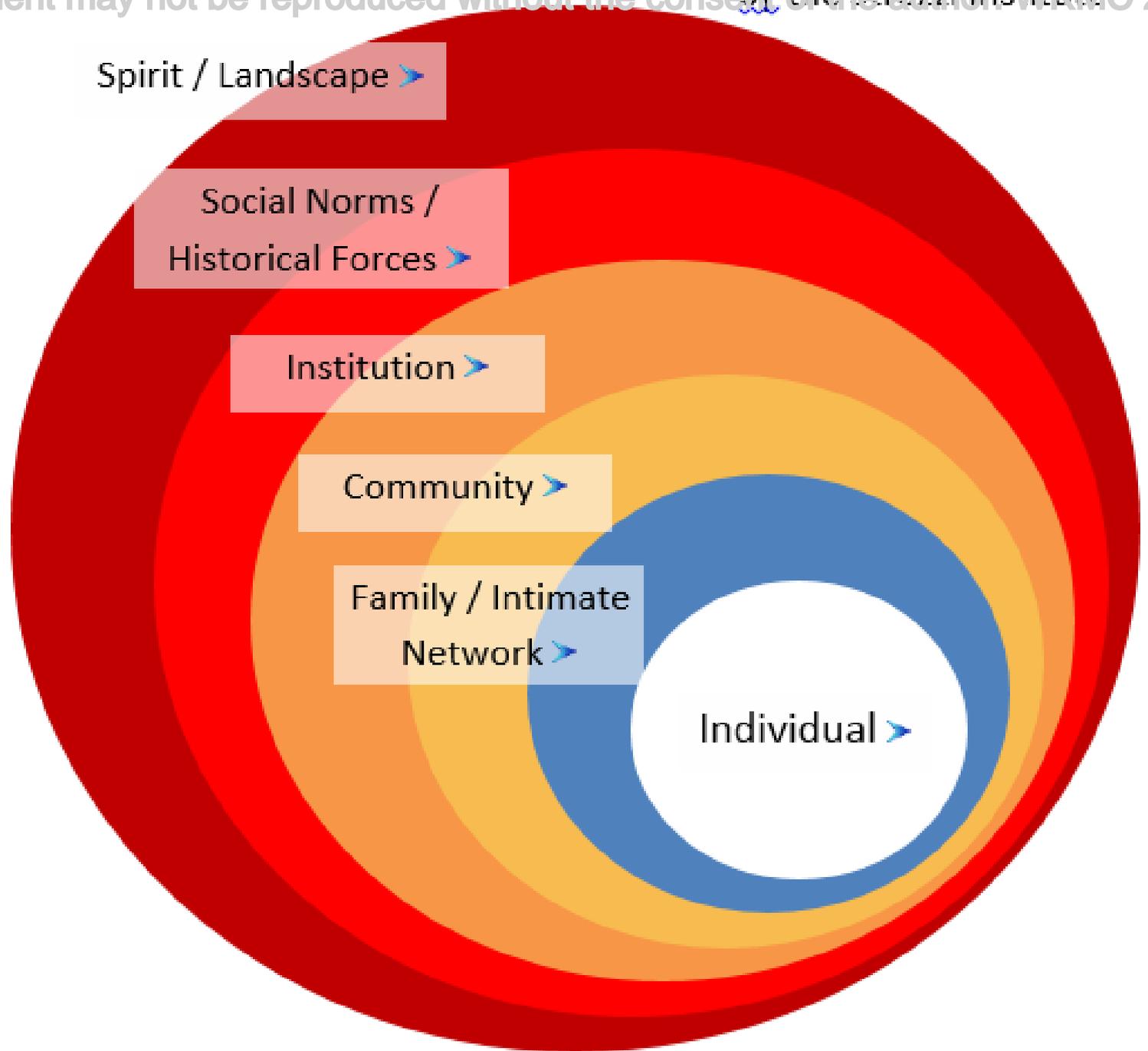
Move Toward, Around, Away

Name the most uncomfortable move.

What happened in your body?

What happened in your mind?



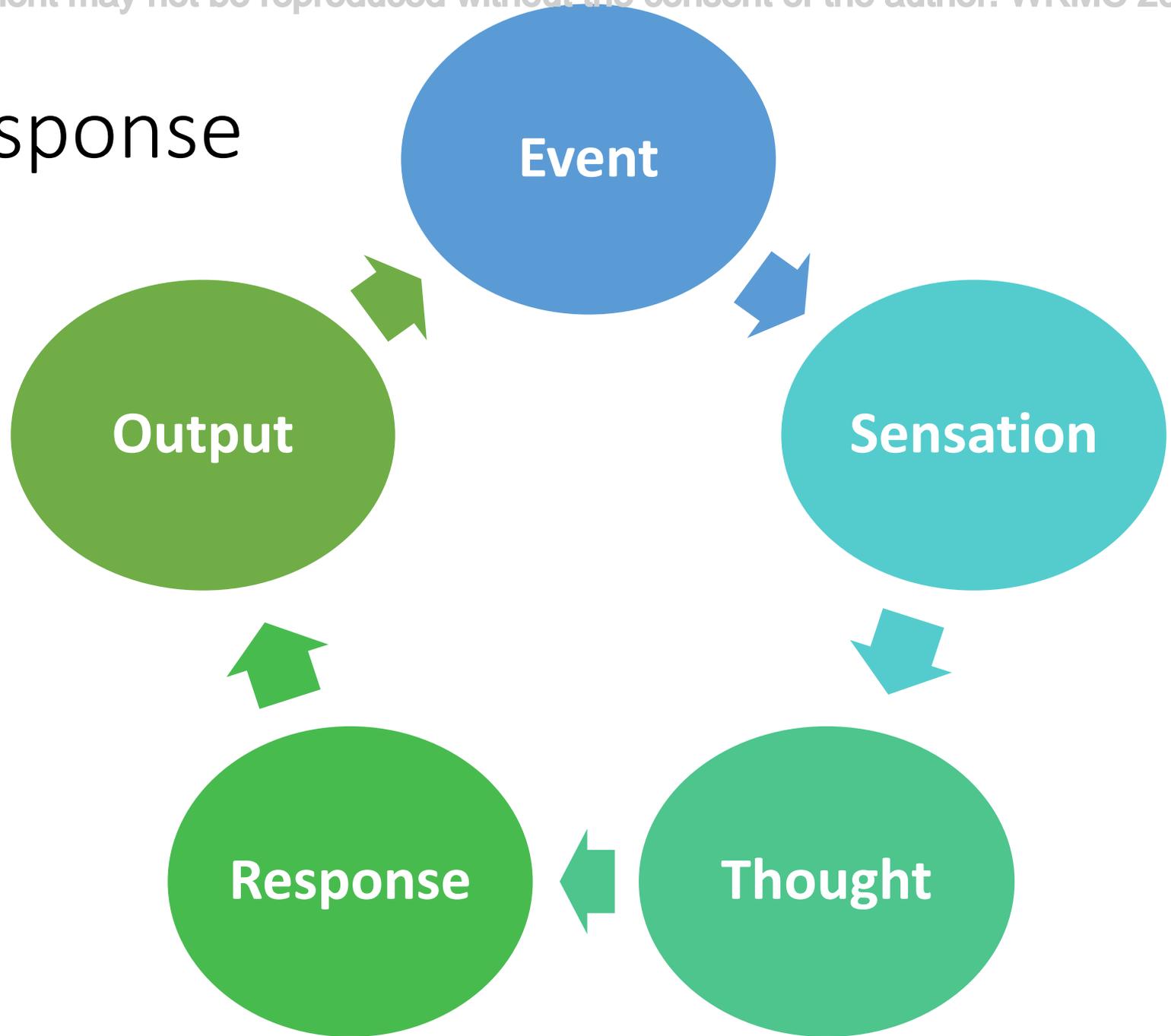


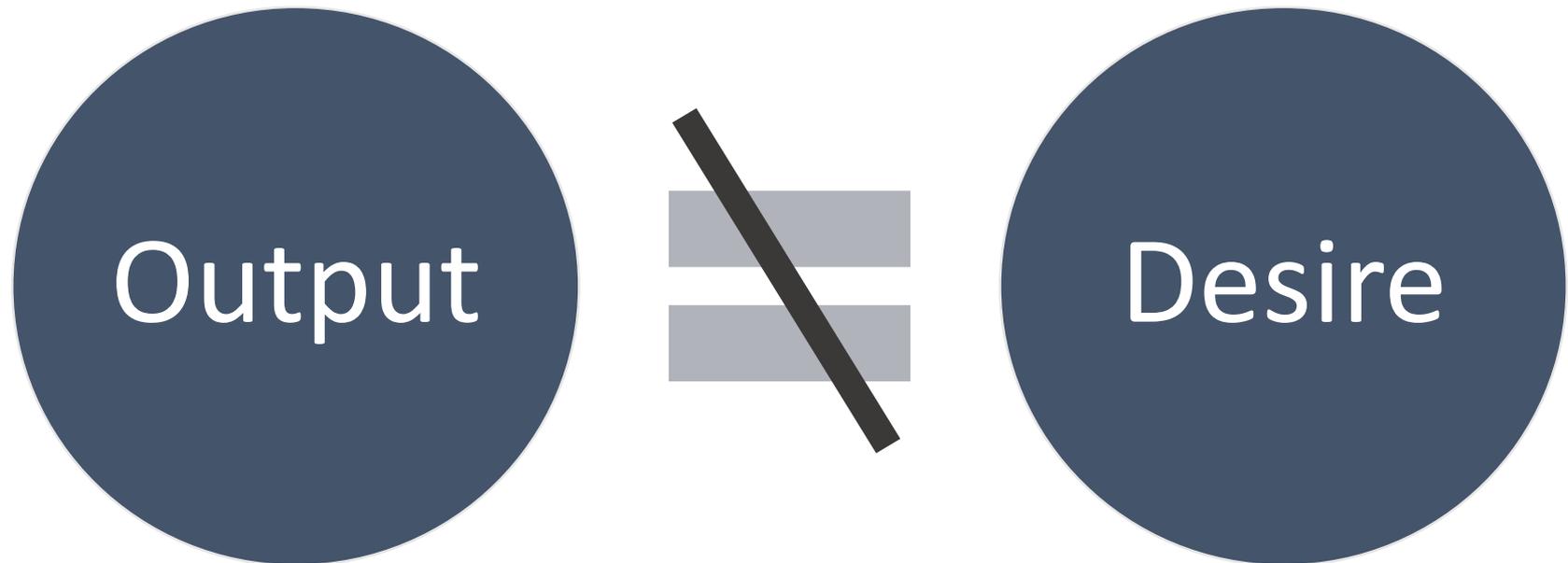


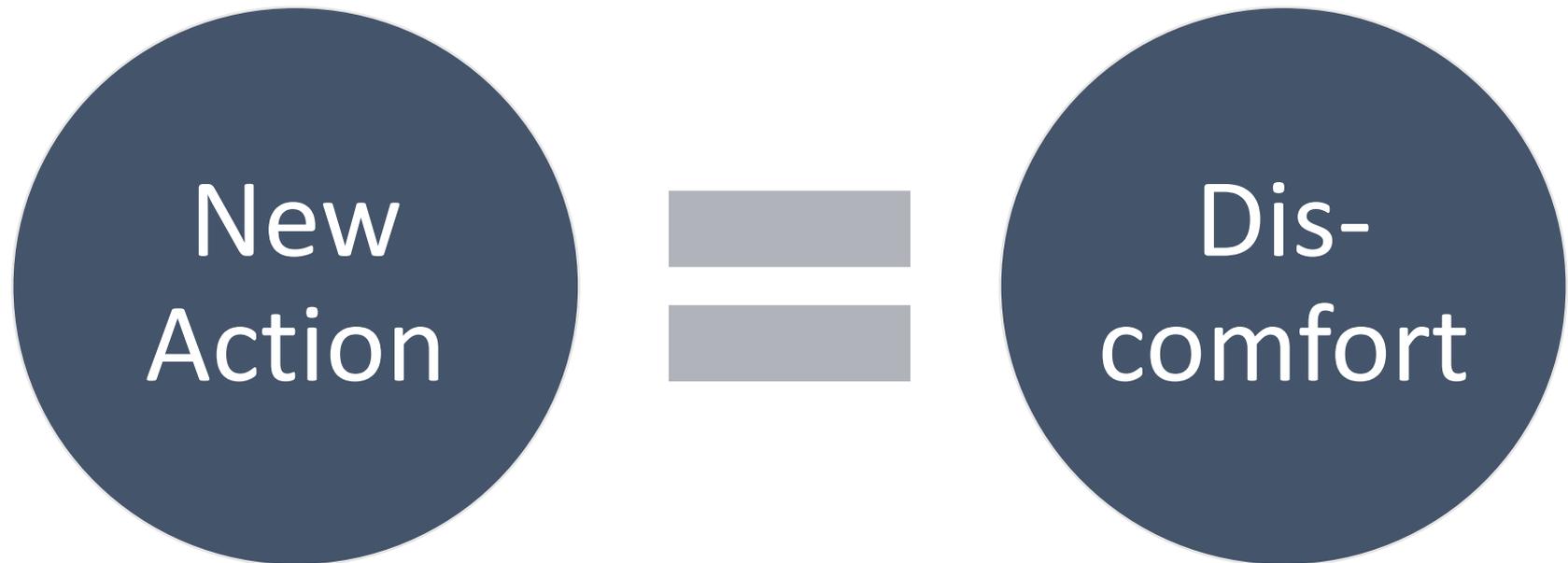
As a child, how was interpersonal risk managed?

How does your current management of interpersonal risk reflect that?

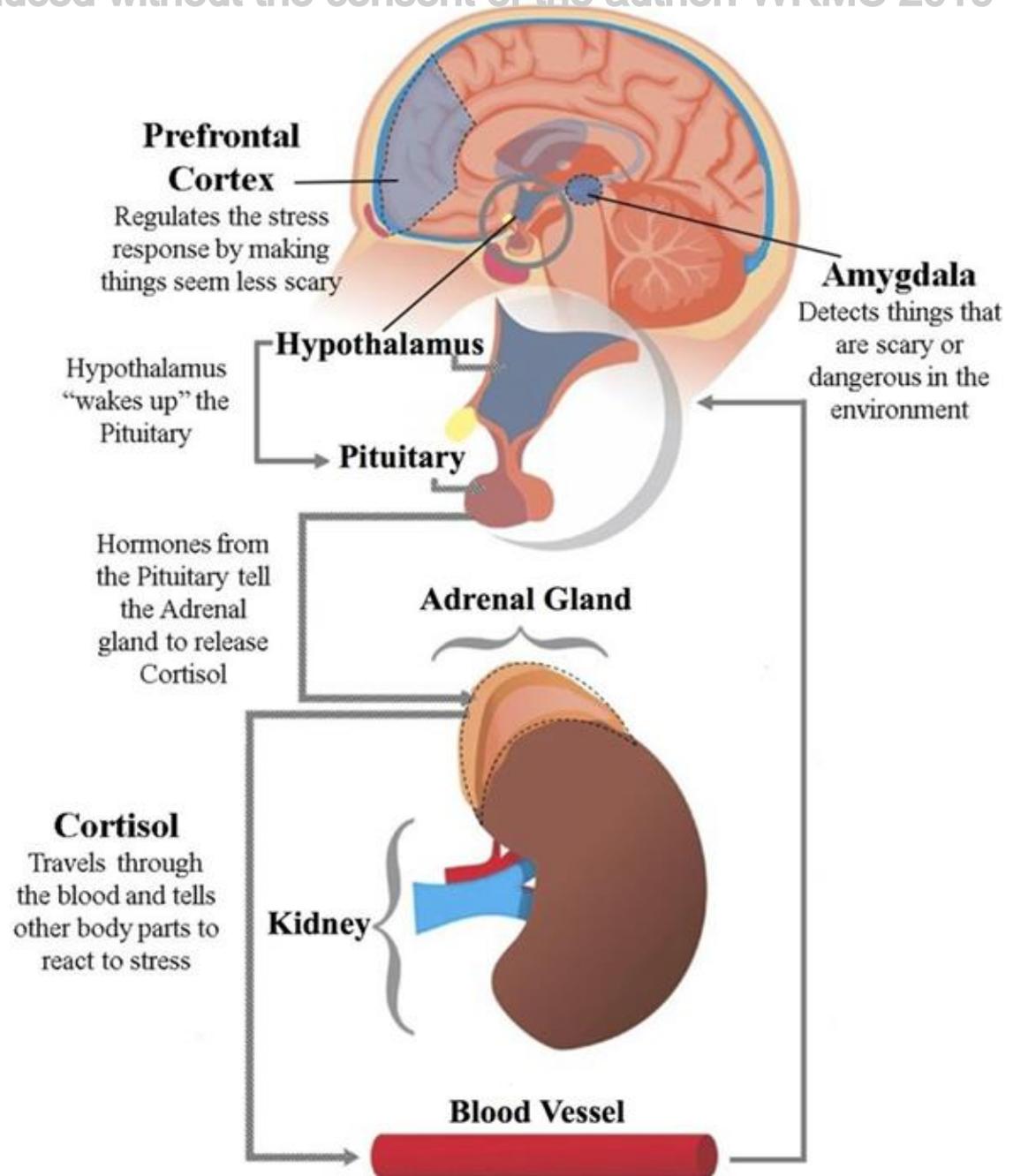
Response



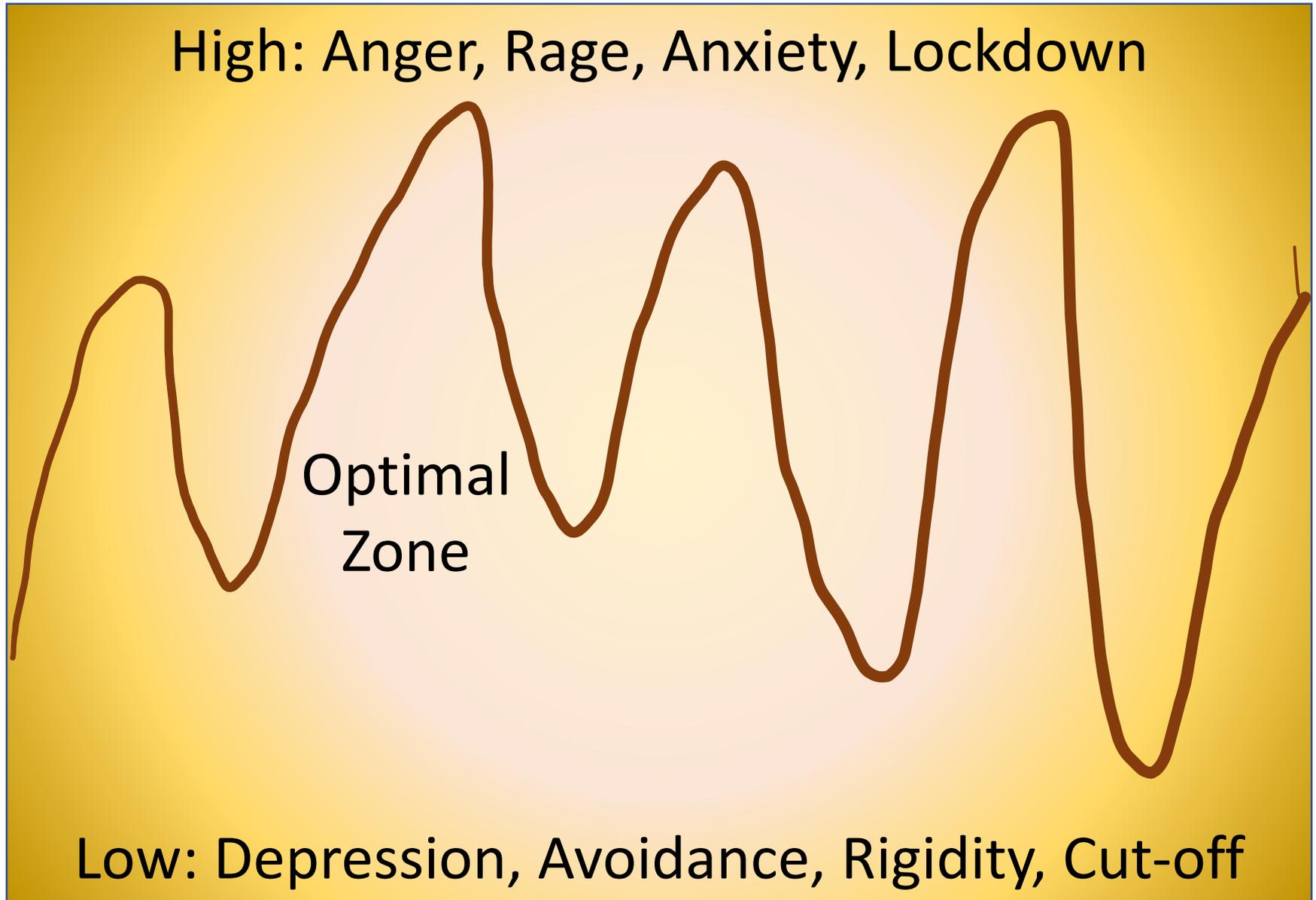




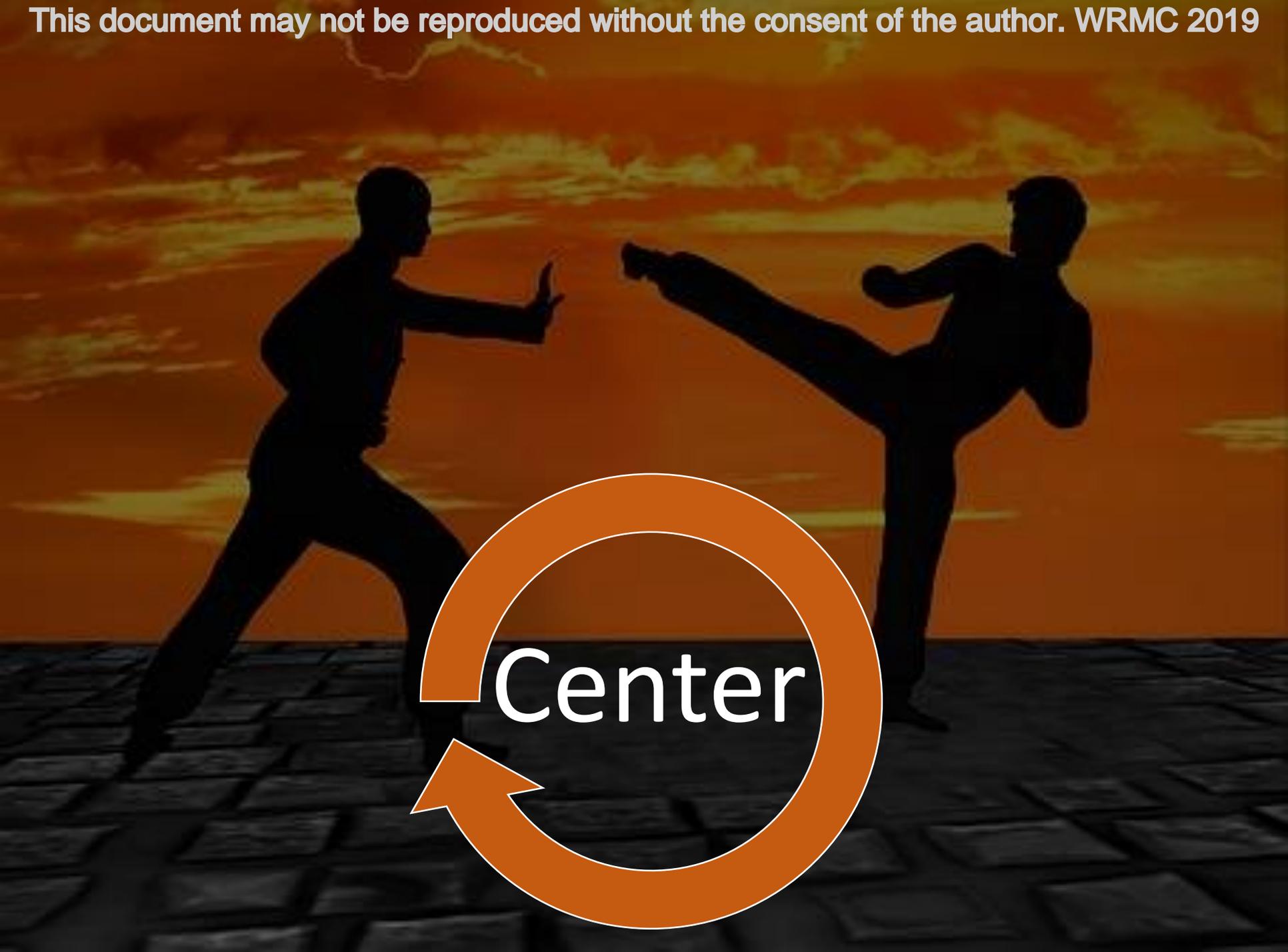
Stress

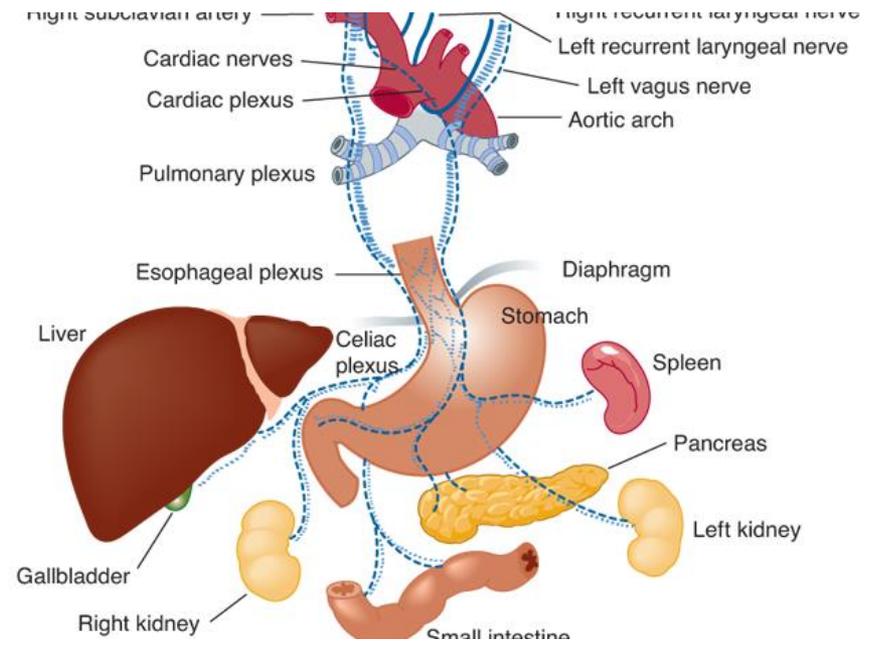


Window of Tolerance



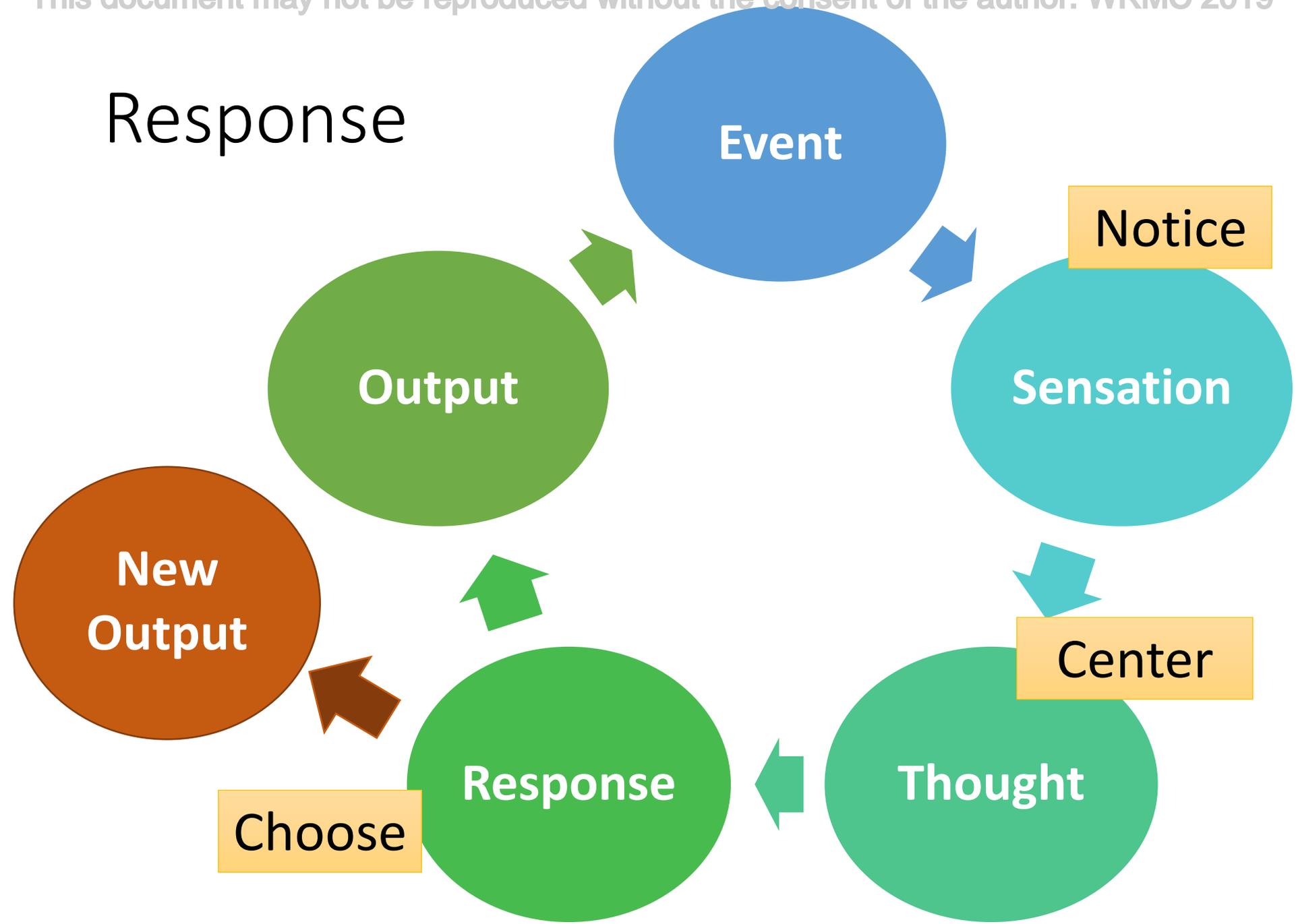
Share what you know about your automatic response to stress/discomfort.





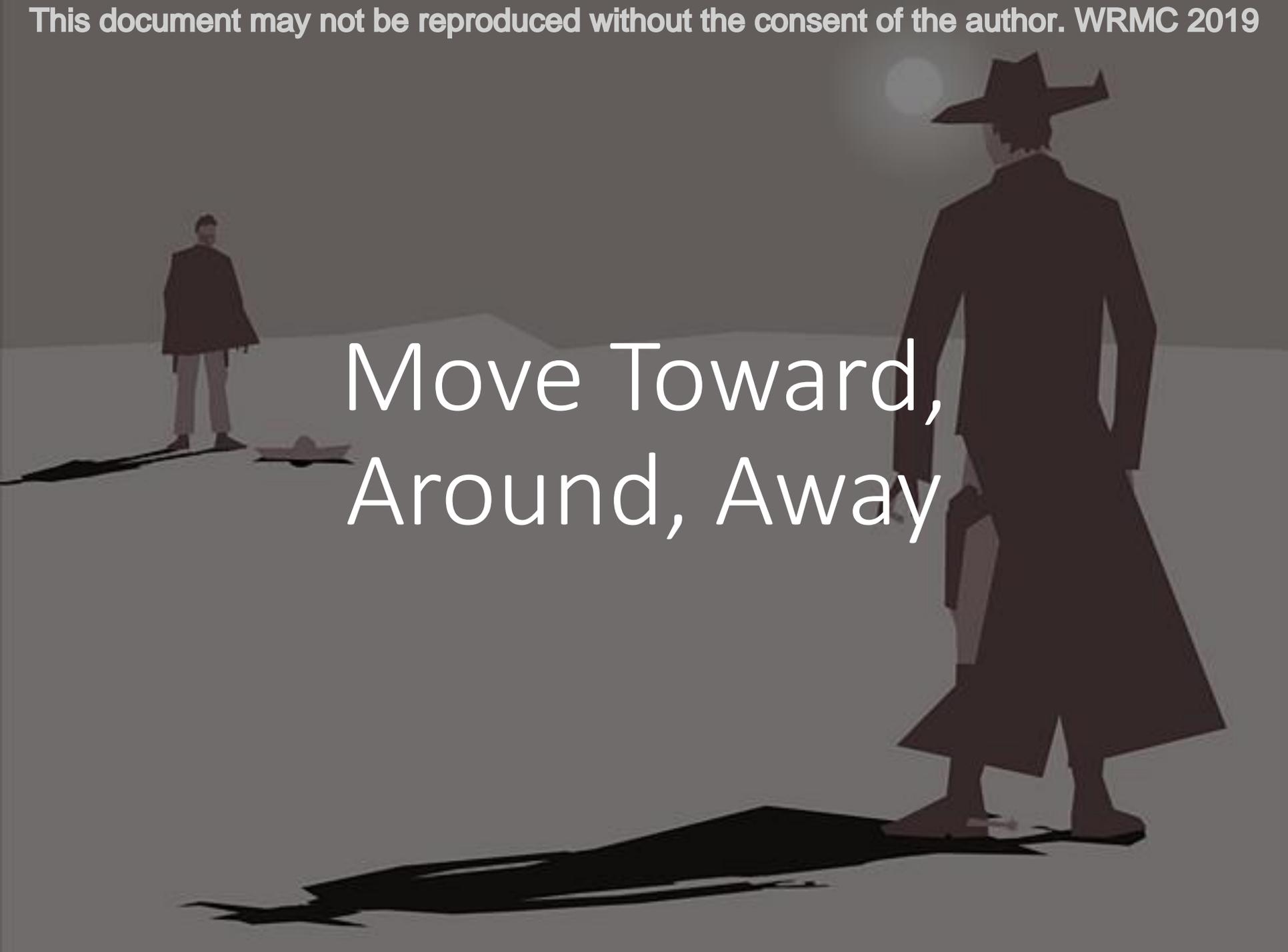
Power to choose

Response



Centering



The image features a dark, monochromatic scene with silhouettes of two men in a desert landscape. One man, wearing a cowboy hat and a long coat, stands in the foreground on the right, looking towards the left. In the background on the left, another man stands with his hands on his hips. A cowboy hat lies on the ground between them. The text "Move Toward, Around, Away" is centered in the middle of the image in a white, sans-serif font.

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!