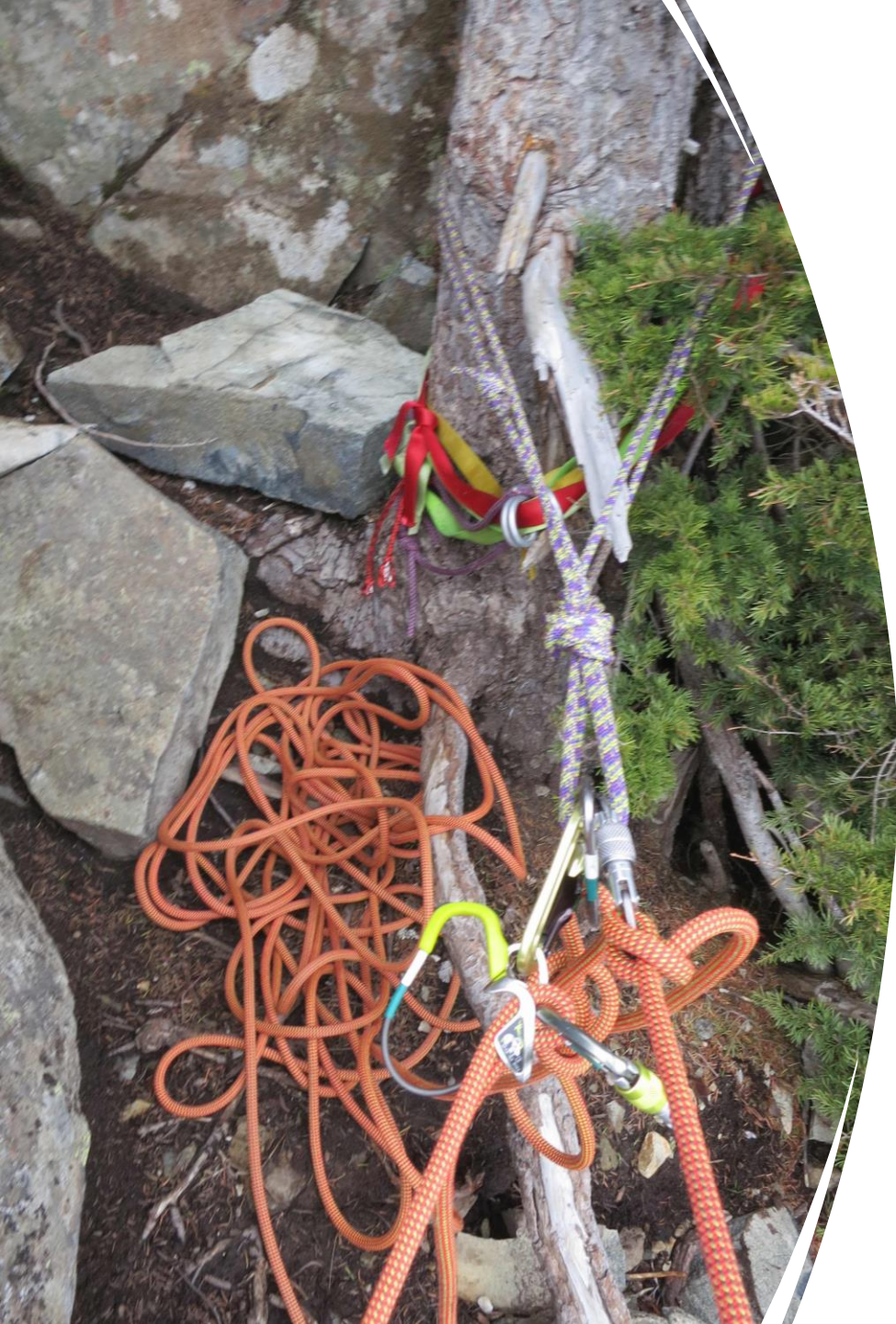


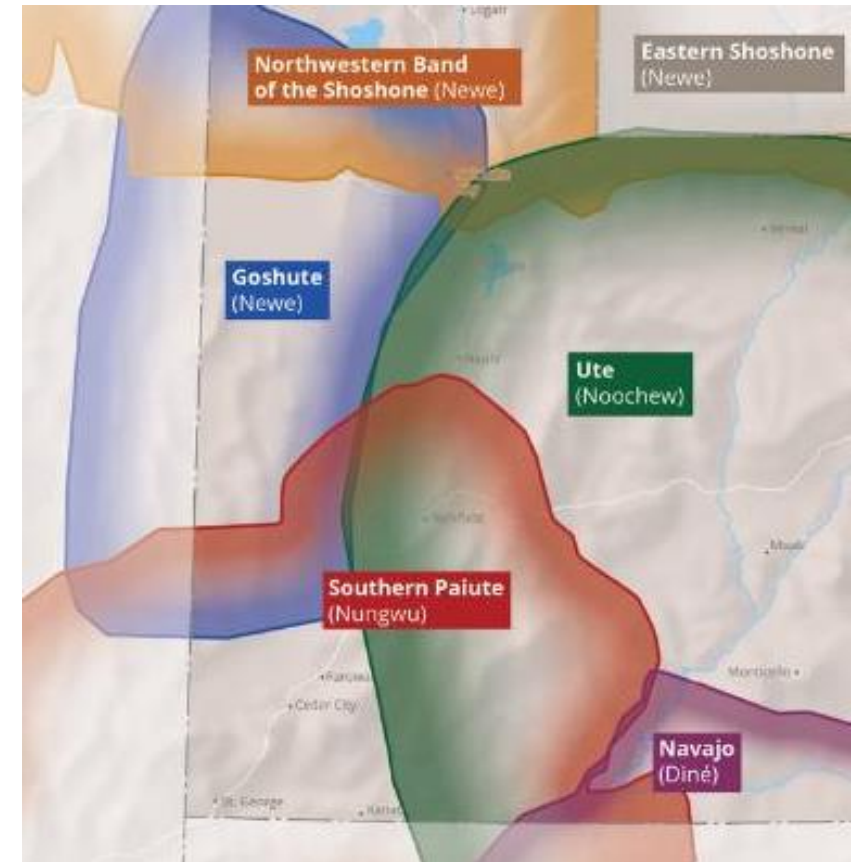


The Body Doesn't Lie

Somatic Risk Management

Ute Prayer

Earth (tüvwüp) teach me stillness as the grasses are stilled with light.
Earth teach me suffering as old stones suffer with memory.
Earth teach me humility as blossoms are humble with beginning.
Earth teach me caring as the mother who secures her young.
Earth teach me courage as the tree which stands all alone.
Earth teach me limitation as the ant which crawls on the ground.
Earth teach me freedom as the eagle which soars in the sky.
Earth teach me resignation as the leaves which die in the fall.
Earth teach me regeneration as the seed which rises in the spring.
Earth teach me to forget myself as melted snow forgets its life.
Earth teach me to remember kindness as dry fields weep with rain.





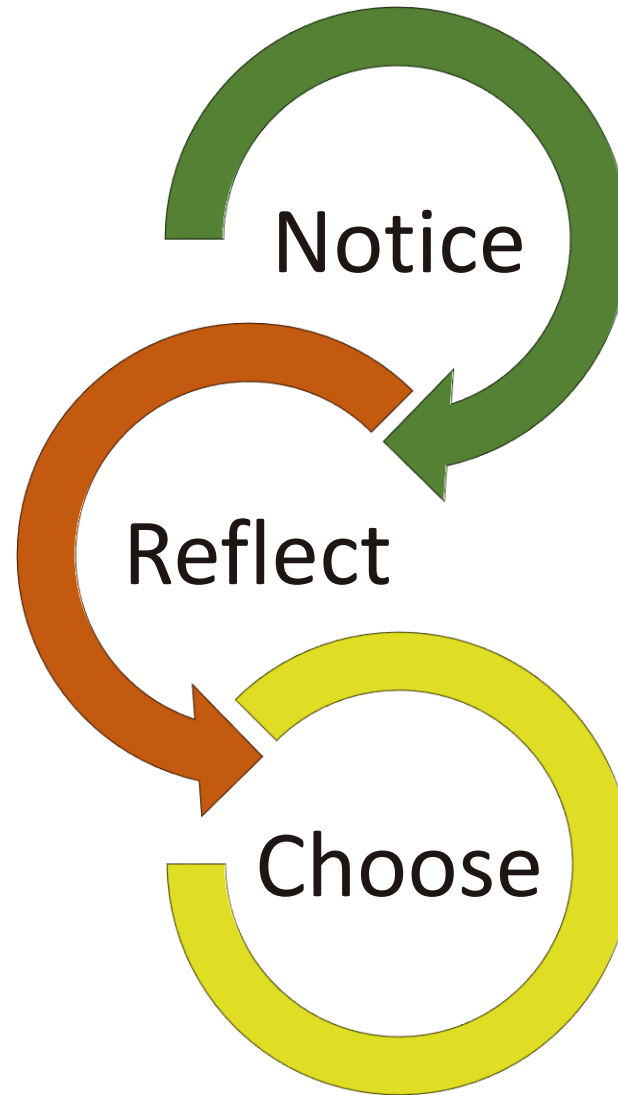
Warning: Experiential Session



Interpersonal Risk

You choose to speak out, up, or change a pattern/habit inside you,
or in the esystems around you,
and your risk disrupts others and relationships.

Somatic Risk Management



- Notice patterns. Start with the breath.
- Reflect – am I doing something different?
- Choose a new path in conversation or action. It could be doing nothing.

Turn to your neighbor.

Introduce yourself.

Talk about an
interpersonal risk
or life experience
that prompted you
to choose this session.



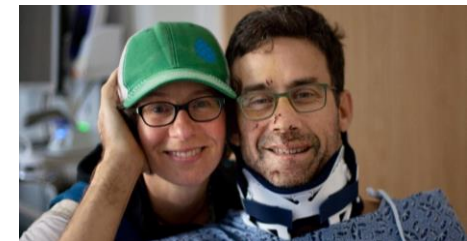
A high-angle photograph of a group of five people sitting in a circle on a light-colored wooden floor. In the center, a man with dark hair is hunched over with his head buried in his hands, appearing distressed. A woman with long red hair sits to his right, leaning over him with her hand on his shoulder in a comforting gesture. To the left, a man with a beard and glasses sits with his hands clasped, looking down at the distressed man. Another woman with long brown hair sits to the left of the distressed man, also looking down. In the foreground, the back of a person with curly brown hair is visible, looking towards the center. The overall mood is one of support and concern.

Interpersonal Risk

- Take a stand in opposition to another or someone in power
- Name a difficult conversation
- Call someone out or in
- Share a near miss story
- Start a new pattern in conversation
- Advocate for yourself
- State a need
- Say no
- Admit a mistake
- Name a boundary
- Advocate for yourself
- Repair a relationship



What happened?





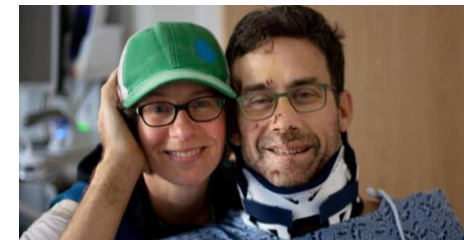
Why?

Avoidance of interpersonal risk.

Even if you are:

- comfortable with conflict,
- like to verbally spar with others, and
- don't shy away from tough situations,

you are likely not doing something else,
like not listening to others,
which has its own risks.





Turn to a new neighbor.

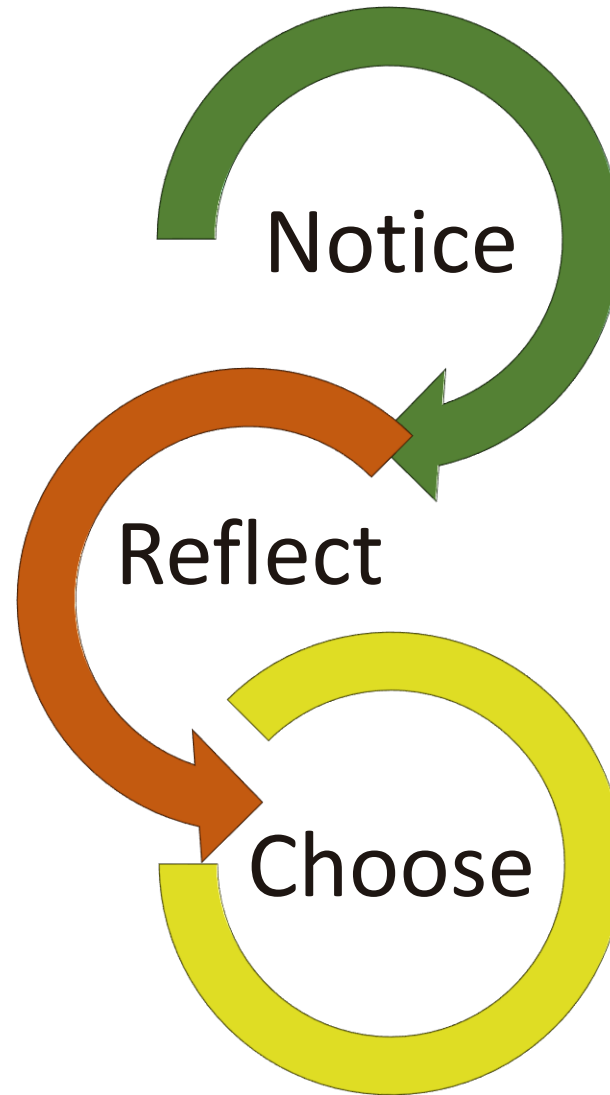
Introduce yourself.

What criteria must be
present for you to take an
interpersonal risk?

Psst... These conversations
are an interpersonal risk.



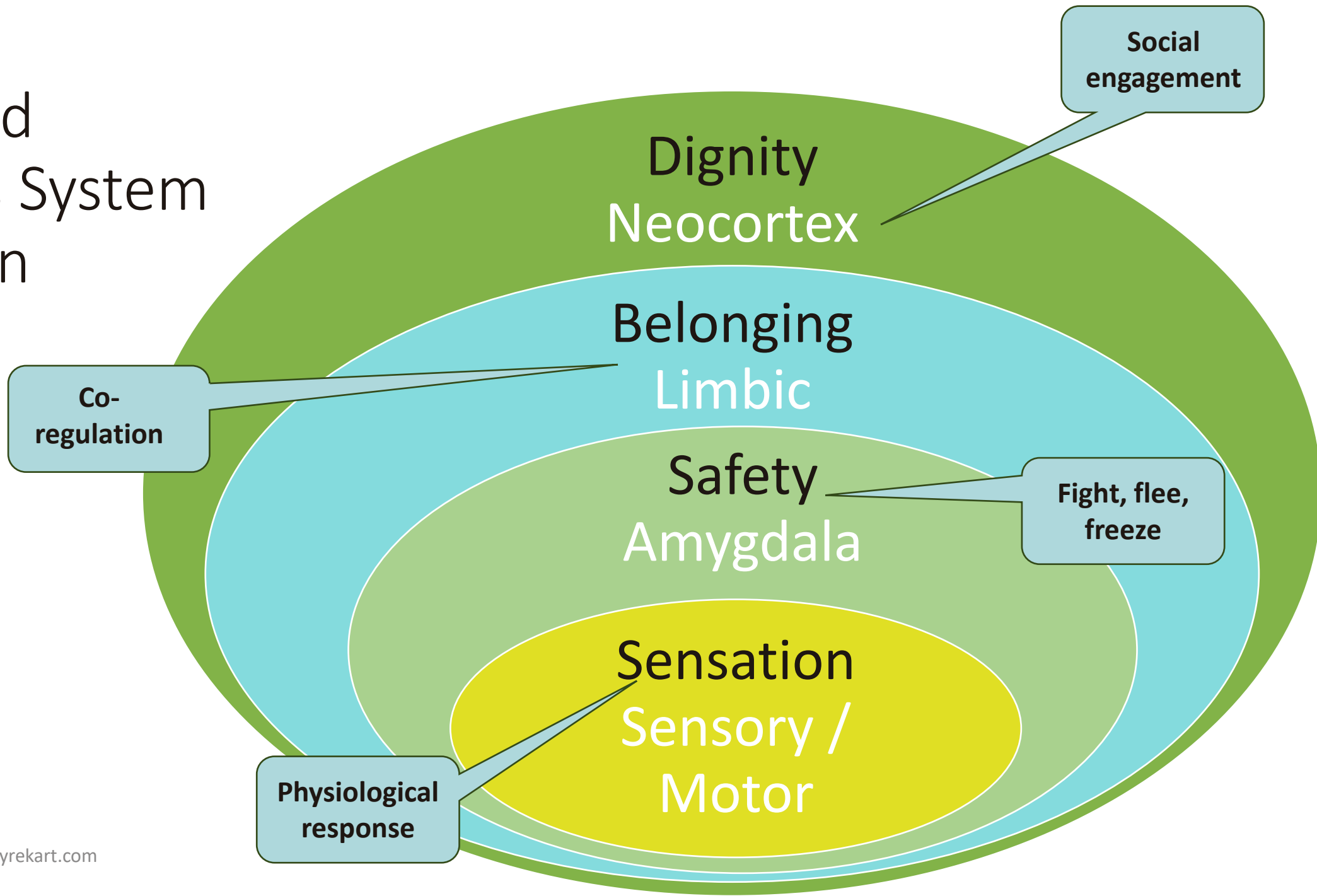
Somatic Risk Management



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- Reflect – am I doing something different?
- Choose a new path in conversation or action. It could be doing nothing.

Brain and Nervous System Evolution

Storytime



The body doesn't lie,
and the mind makes up stories.

SYSTEM 1

Intuition & instinct

95%

Unconscious
Fast
Associative
Automatic pilot

SYSTEM 2

Rational thinking

5%

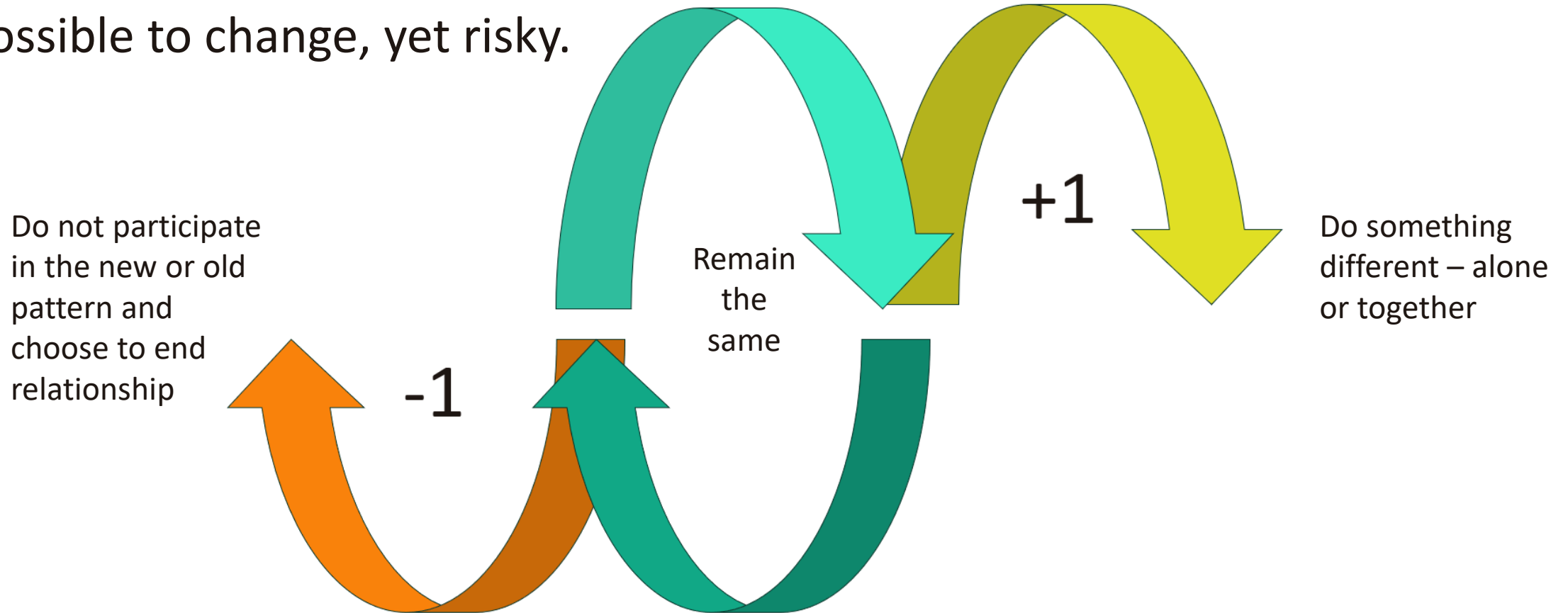
Takes effort
Slow
Logical
Lazy
Indecisive



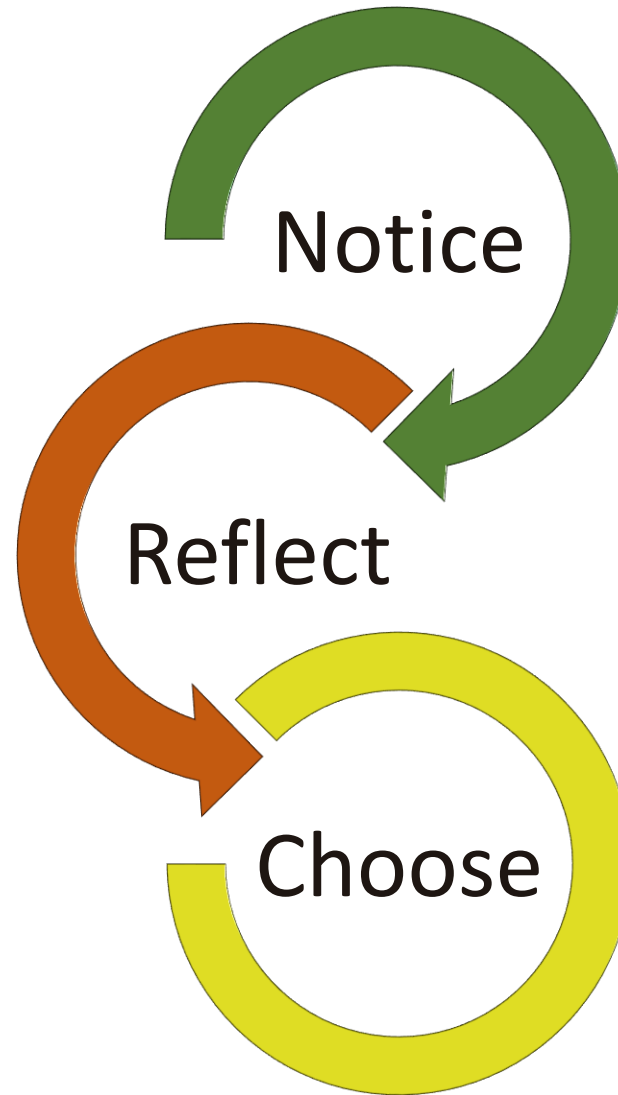
Source: Daniel Kahneman

Co-created Patterns

- Generate a stuck feeling or playing your role.
- Possible to change, yet risky.



Somatic Risk Management



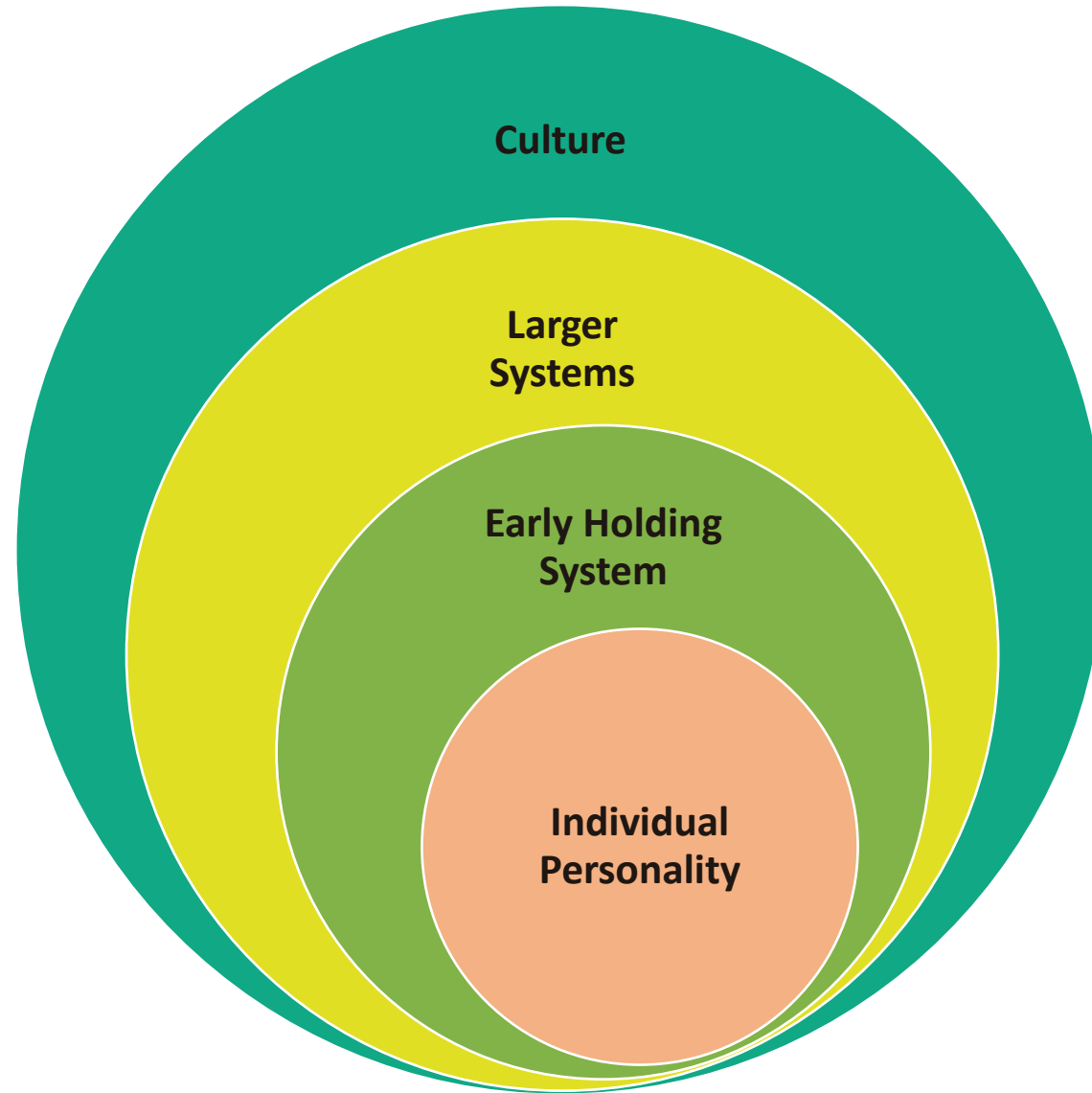
- Notice patterns. Start with the breath.
- Reflect – am I doing something different?
- Choose a new path in conversation or action. It could be doing nothing.



Where do you want or
need to take an
interpersonal risk?

What is at stake if you
don't take the risk?

We are
shaped
from the
inside
out.



How were you shaped?

Individual personality

- Who are you?
- What are your personal characteristics? Ones that you have always had.
- How do these differ from others in your family, friend group, or workplace?

Early Holding System

- What was passed down to you?
- What are patterns from your early holding system that you want to keep?
- What patterns do you feel you have to keep?
- What do you want to let go of?

Larger Systems or Institutions

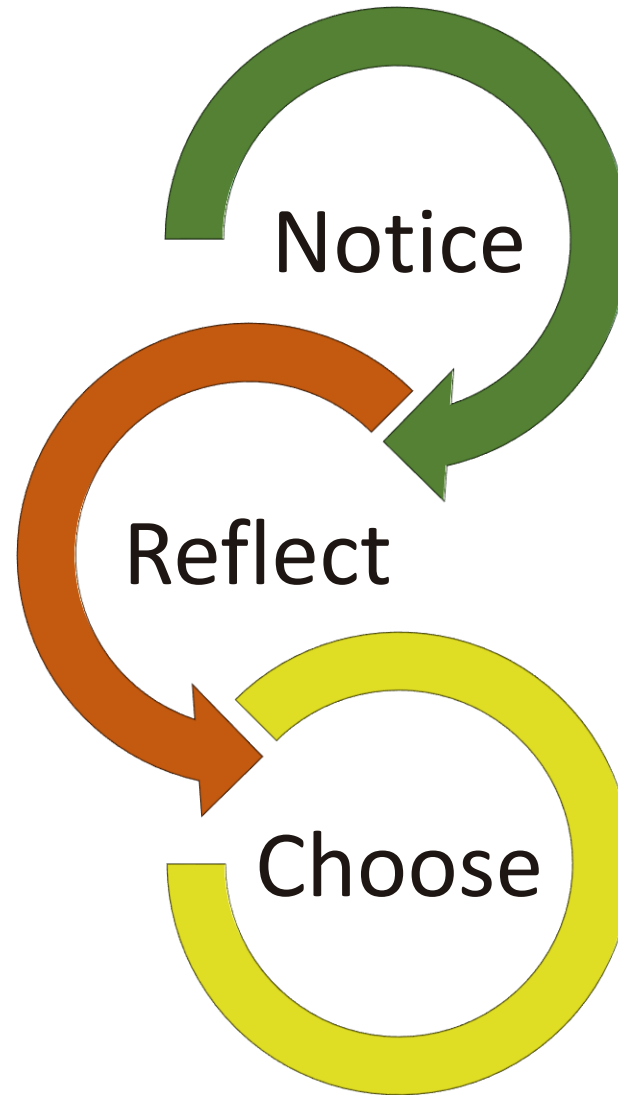
- What are patterns of how you were shaped from larger systems or institutions like school or religion?

Culture

- How has your culture of origin shaped the way you see others and the world?

The body doesn't lie,
and the mind makes up stories.

Somatic Risk Management



- Notice patterns. Start with the breath.
- Reflect – am I doing something different?
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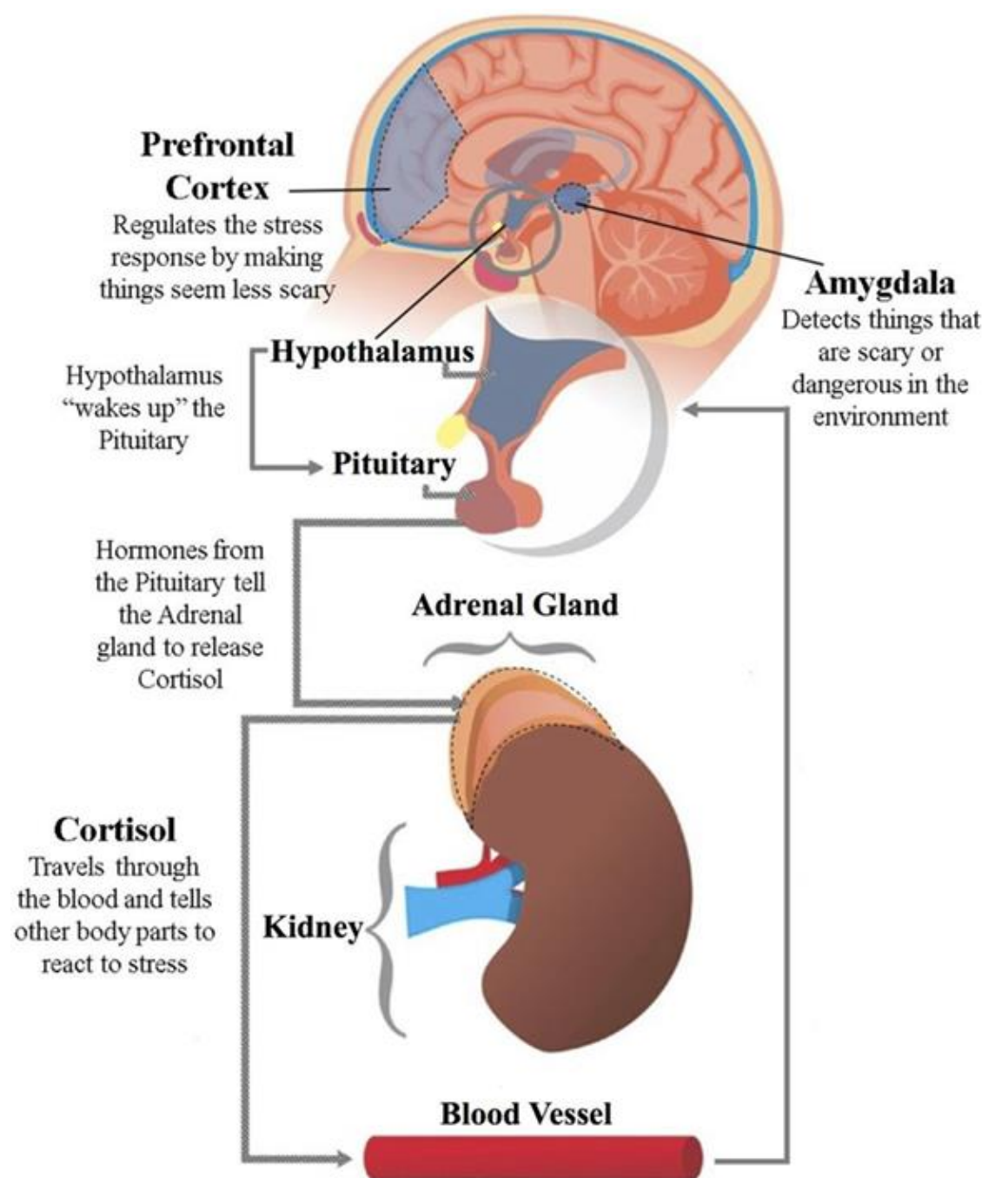
What do you need? What do you feel?

Ask for what you need. Name what you feel.

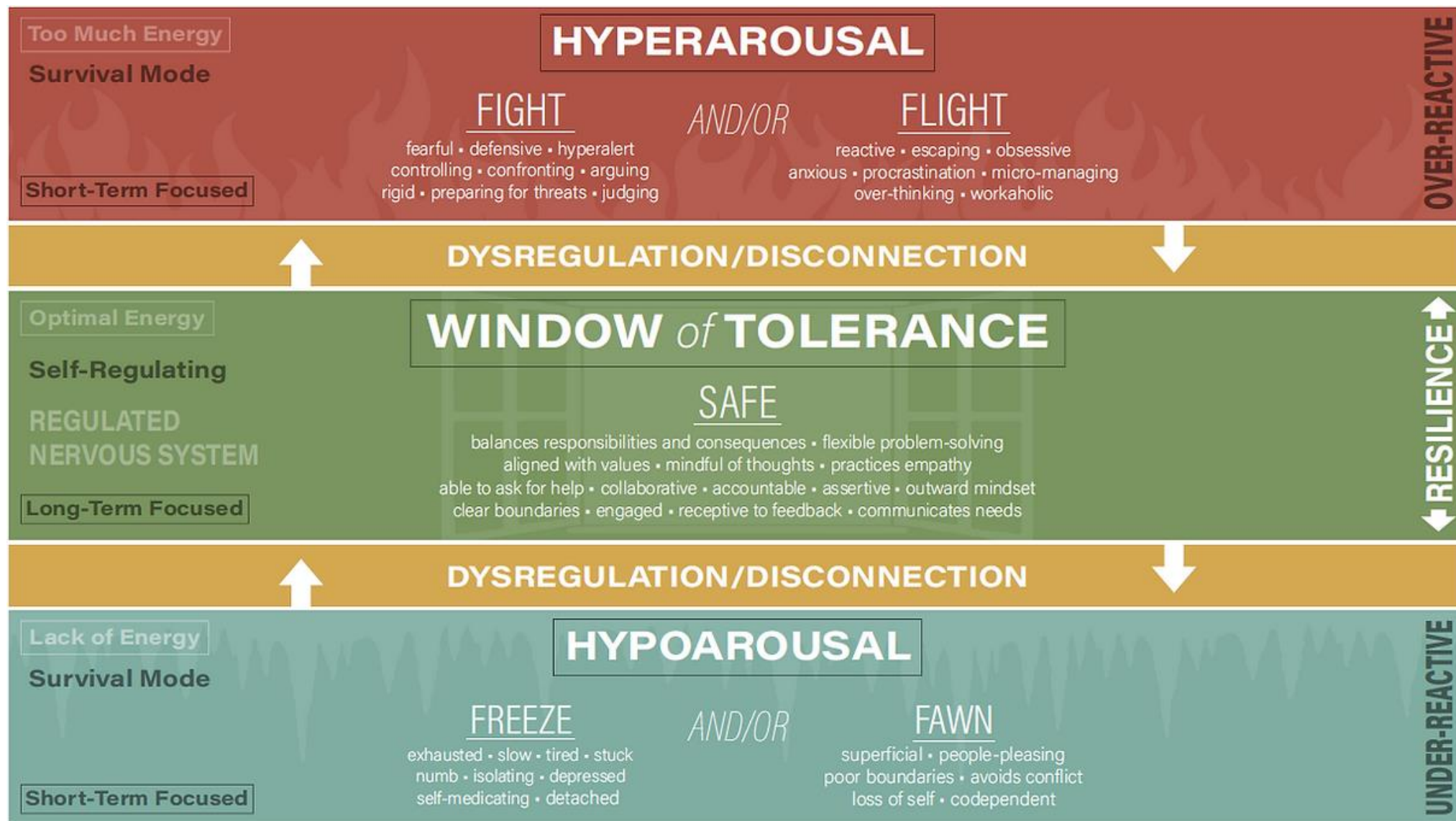
See feeling and needs list.

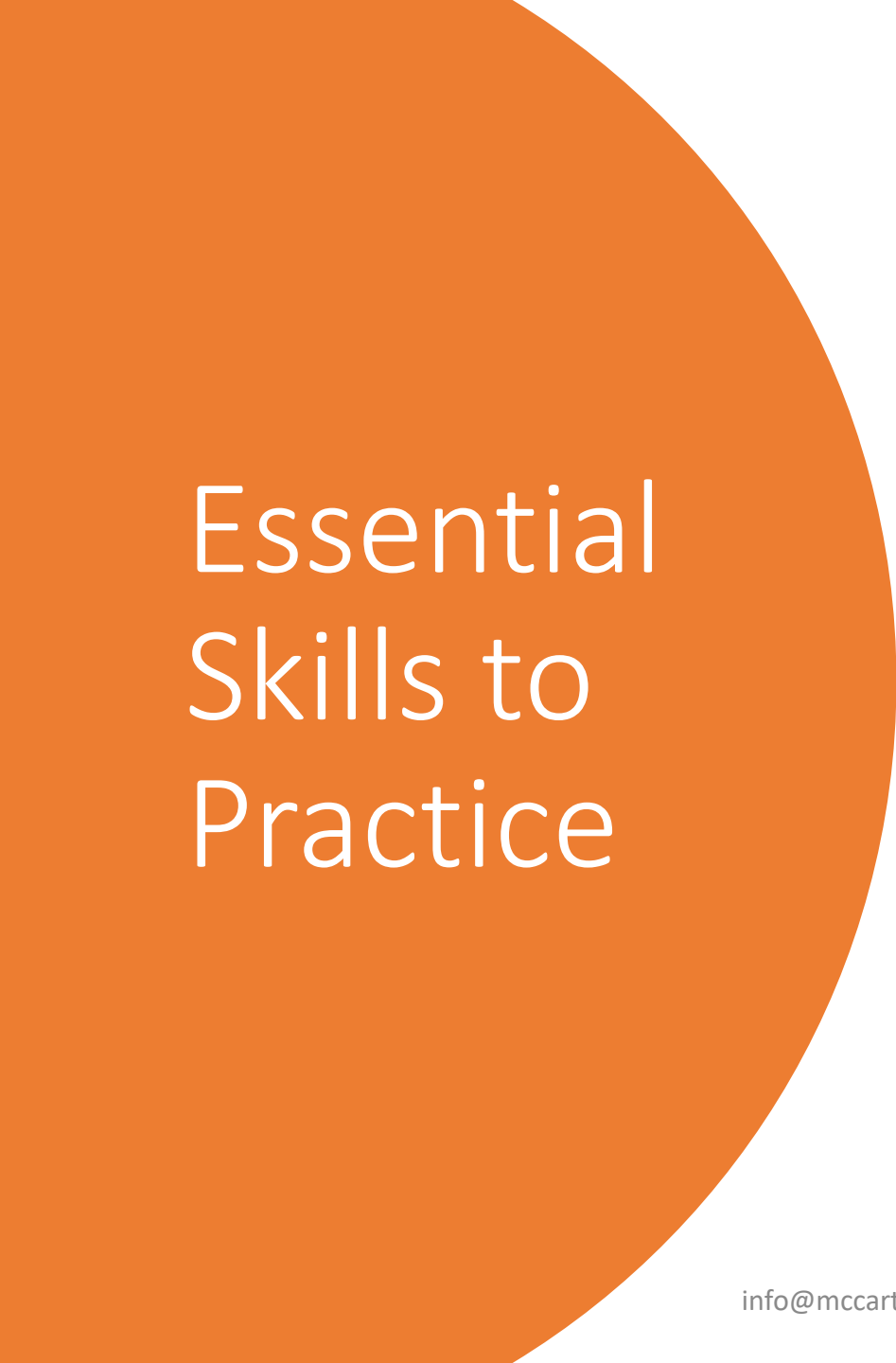
Stress

- What does stress feel like in your body?
- What do others notice?



Window of Tolerance



A large orange circle is positioned on the left side of the slide, partially cut off by the edge.

Essential Skills to Practice

Paraphrase to
understand, not to reply

Naming the person's
positive intention

Know: What do I need
and feel?

Universal Positive Intentions



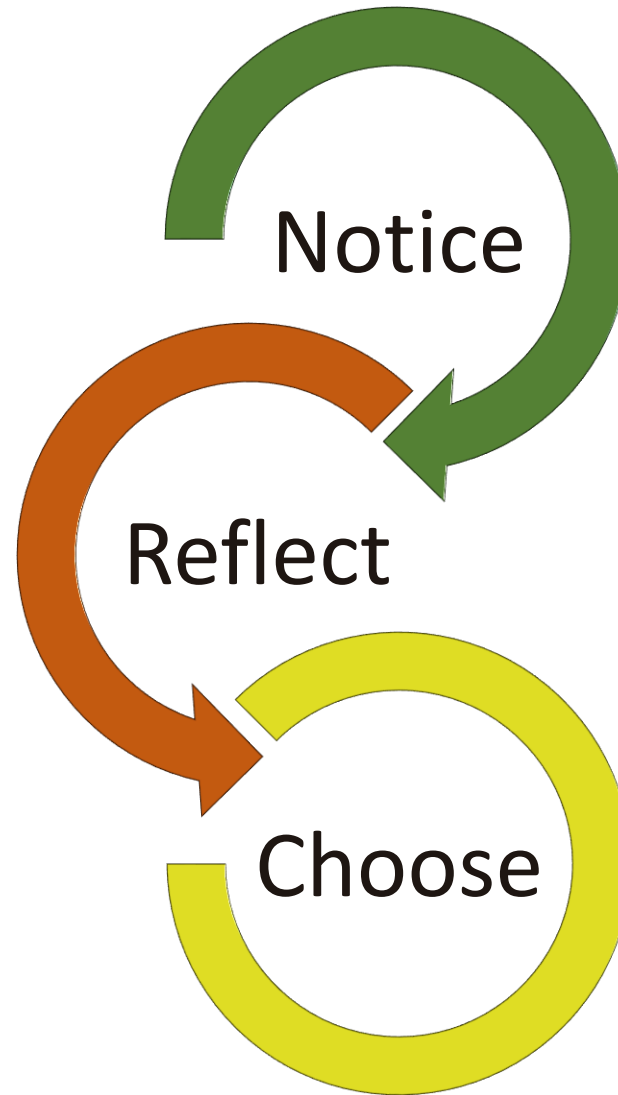
1. Autonomy, choice, and spontaneity
2. Be understood for intentions beneath behaviors
3. Contribute value
4. Be a part of a larger vision
5. Efficiency, effectiveness, and feasibility



Turn to your neighbor.

How will you approach
interpersonal risk
differently?

Somatic Risk Management



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Tracy Rekart

- [The Body Doesn't Lie](#) white paper on blog.
- [Article on the accident](#) in The Mountaineers publication.
- Subsequent articles/learnings:
 - [Life Changes due to accident.](#)
 - [Soul based learning.](#)
- Forthcoming book on Somatic Leadership
- Reach out with questions!
 - info@mccarthyrekart.com

info@mccarthyrekart.com





Thank you!

info@mccarthyrekart.com