

An L2O2 Empathy in Action Workshop

Connecting in Hard Moments

*Staying present with ourselves
and others*



Learning to Love
Ourselves and Others

The Story Often Starts Small

- A tone
- A look
- An interruption
- A criticism
- A silence
- A “calm down”



You *know* that Moment...

Someone says something
and your body reacts:

- Stomach drops
- Chest tightens
- Heat rises

A story appears *fast*
– and suddenly, connection
feels far away



Before We *Think*, We *Protect*

- Past experiences
- **Fear**
- Unmet **Needs**
- Identity
- Our nervous system



The Escalation Loop Explained

How a moment spirals...
and how **awareness** interrupts.



The Ways We Disconnect

Isolate, protect, put up walls



People please, appease and lose ourselves



We Now Know the Interrupt...

But what happens next?

What can we do to stay
connected, to ourselves *and*
others?

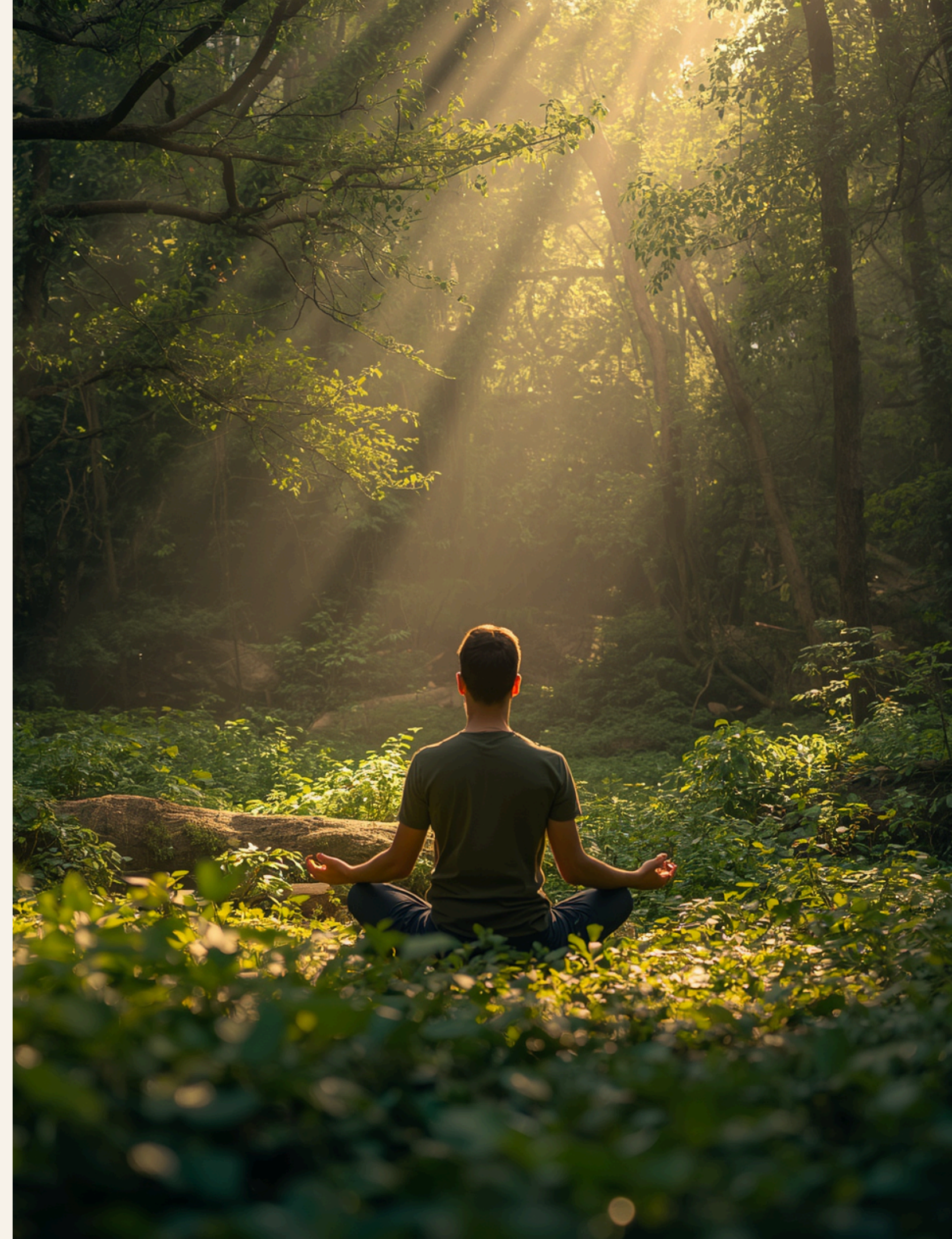


Rooting *and* Reaching

Stay grounded in your
feelings and needs

while *also* reaching out with
curiosity and care

First inward; then outward



Root and Reach

A Roleplay Activity

Practice staying connected to yourself while reaching toward the other.

1. Hear the scenario
2. Pause and notice your gut reaction
(the interrupt)
3. Root in your own feelings and needs
4. Reach toward the other with curiosity;
choose one or many:
 - a. Reflect their words
 - b. Empathy guess
 - c. Make a request
 - d. Negotiate



Stay rooted...



...But still reach! ❤️