

An L2O2 Empathy in Action Workshop

Stay connected - with Yourself AND Others



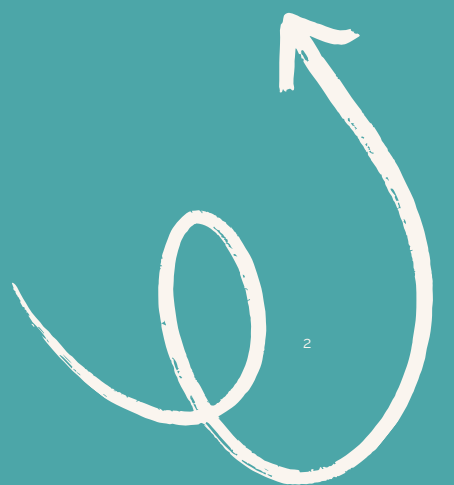
Learning to Love Ourselves and Others





Attachment is...

The biological and emotional bond that forms when someone matters to us, when their needs matter to us



Distance...

When the bond feels
threatened,

we brace



The Wobble of Connection

The wobble is what happens
when this bond feels
uncertain

When our need for
connection feels at risk





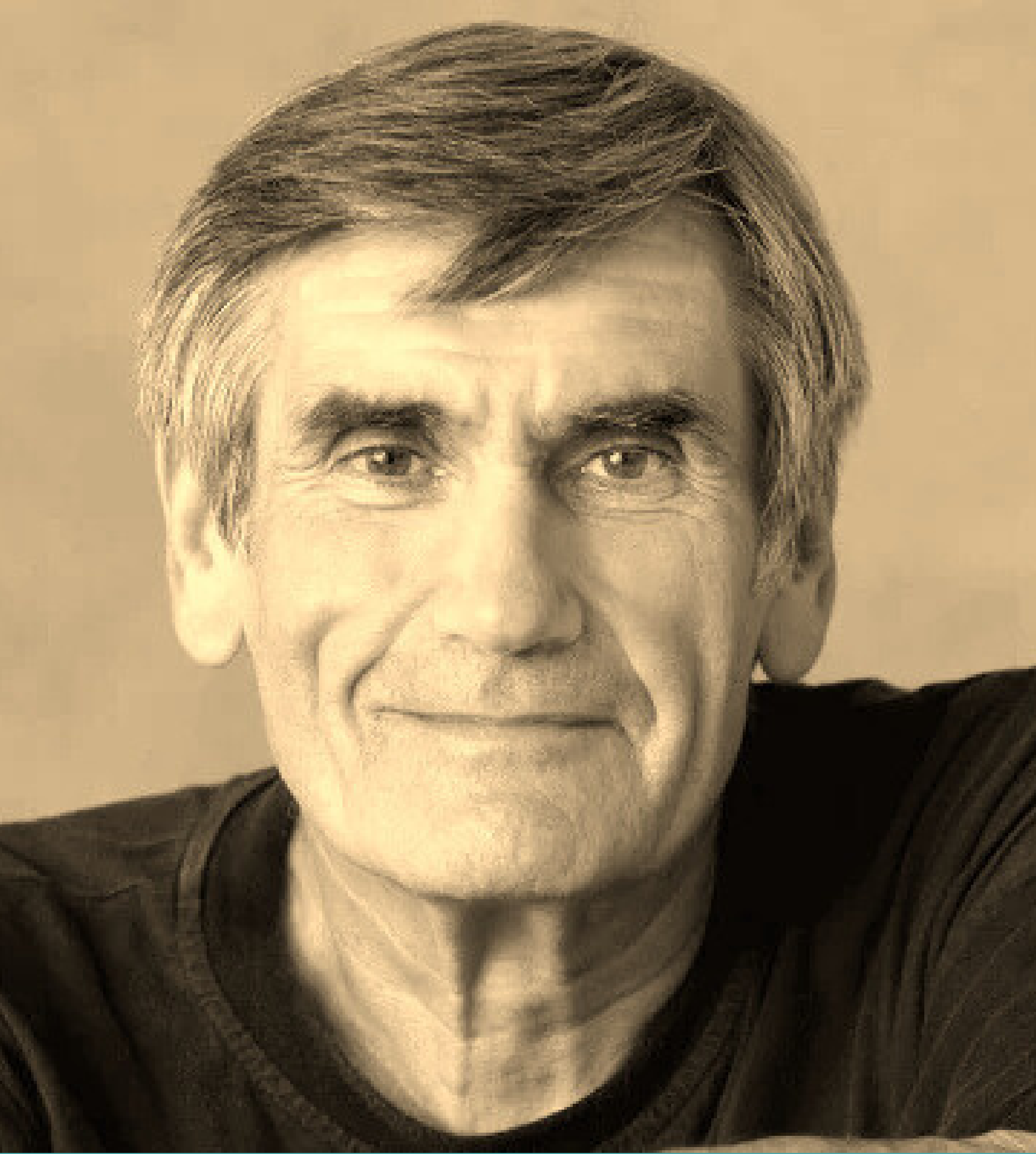
From Wobble to *Choice*

We can't stop the wobble

But we can choose how we
respond, we can widen

We can choose how we stay
connected to our needs





From Marshall

A Quote

“The more directly we can connect our feelings to our needs, the easier it is for others to respond compassionately.”

- **Wobble** happens when needs feel threatened
- **Widening** is reconnecting to needs (ours and theirs) + curiosity
- That connection invites compassionate responses



The Wobble

A Roleplay Activity

Round 1: Brace (Jackal)

- One person expresses distance
- The other responds from contraction



Round 2: Widen (Giraffe)

- Same scenario
- Respond from a grounded stance and curiosity



The Wobble Roleplay

Example Scenarios

- “I need some space.”
- “I don’t think I can do this anymore.”
- “I feel overwhelmed.”
- “I’m not sure about us.”
- “I’m pulling back.”
- “I can’t commit to that.”



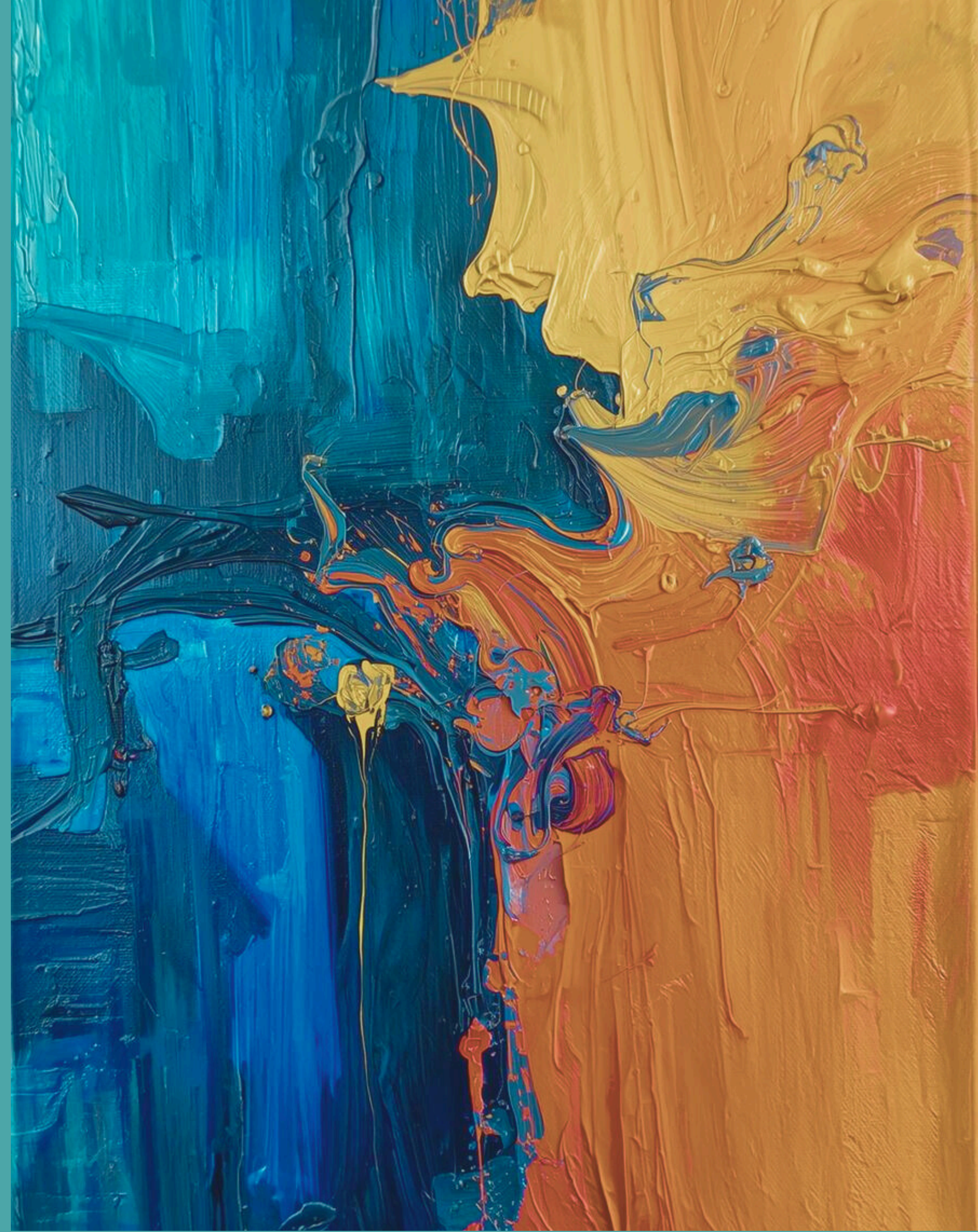
Widening Responses

- “Can you tell me more about what’s feeling overwhelming?”
- “Are you needing space right now?”
- “I’m noticing I feel tight hearing that — and I want to understand.”
- “What’s happening for you?”
- “Is there something you’re needing that isn’t getting met?”
- “I care about us — can we slow this down?”

The Wobble

Debrief

- What happened in your body?
- What shifted between brace and widen?
- What felt different in the connection?





Widen when you Wobble

We can stay connected,
even when we wobble

