

THE CONNECTION BRIDGE

1-2 minute practice to transform conflict into connection and build stronger relationships

PURPOSE:

- Interrupt automatic defensive reactions in difficult conversations
- Create genuine connection even during disagreement
- Transform potential relationship damage into growth opportunity

HOW TO:

1 Pause + Ground - Take a breath and feel your feet on the floor or the pressure of your body in your seat. This activates your wise brain.

2 Shift to Curiosity - Make the counterintuitive pivot from defending your position to genuine interest in understanding theirs.

3 Listen + Reflect - Listen to what they're saying and simply reflect back what you heard: "What I'm hearing you say is..." without adding judgment or your perspective.

This practice is effective because all humans need to feel seen and heard. When you pause your reactions and reflect back what someone shares, you create connection even during disagreement. This simple act of deep listening transforms conflict into an opportunity for understanding and growth.

