

### Outline

- Created for Connection
- Emotional Connection
- Responding to Bids

### Human Brain

*Psalm 139:14 "I will praise thee; for I am fearfully and wonderfully made: marvellous are thy works; and that my soul knoweth right well."*



### Mirror Neurons



- Viewing action in another leads to neurons firing in same location of viewers brain.
- Virtual reality simulation of another person's action.

### Video Illustration of Mirror Neurons

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**TWIN BABIES**

## Mirror Neurons

- These neurons are not limited to imitating action, but also sensory and emotional information.
- This provides ability to see emotion expressed by another and feel this emotion within our own body.
- Consider how easy it is to ramp up our voice tone when our child or spouse ramp up their voice tone.



## Empathy

- Empathy is the ability to resonate internally with another's state of mind.
- It is a "resonating" process.



*Romans 12:15 "Rejoice with them that do rejoice, and weep with them that weep."*

## Compassion

- Empathy or "resonating internally" is not enough to evoke action; one also needs compassion.
- Consider walking down street in downtown Chicago....



## Compassion of Jesus

*Luke 7:11-15 "And it came to pass the day after, that he went into a city called Nain; and many of his disciples went with him, and much people. Now when he came nigh to the gate of the city, behold, there was a dead man carried out, the only son of his mother, and she was a widow: and much people of the city was with her. And when the Lord saw her, he had compassion on her, and said unto her, Weep not. And he came and touched the bier: and they that bare him stood still. And he said, Young man, I say unto thee, Arise. And he that was dead sat up, and began to speak. And he delivered him to his mother."*

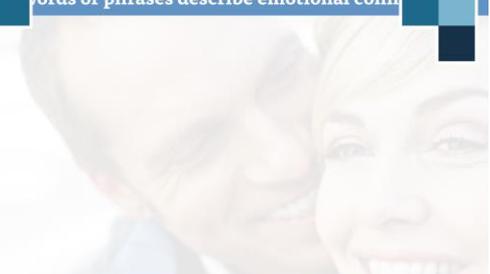
## Emotional Connection

*Jeremiah 31:3 "the Lord hath appeared of old unto me, saying, yea, I have loved thee with an everlasting love: therefore with lovingkindness have I drawn thee."*

## Texting



Words or phrases describe emotional connection



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## Video Illustration – Pain of disconnection

**EFT COUPLE**

Which is worse?

conflict in marriage **A**

emotional disconnect in marriage **B**



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## What fuels connection?

- Couples are always making “bids” for each other’s affection, support, and attention.
- Real-life romance is fueled by the daily humdrum interactions in life.
- In a study of newlyweds:
  - Couples responding to “bids” on average of 86% of time were still married after 6 years.
  - Couples responding to “bids” on average of 33% of time were divorced after 6 years.
- Bids can be as meaningless as “it’s raining so hard today,” to as meaningful as “I need you.”

The Seven Principles Of Making Marriage Work (Gottman And Silver, 2015)

## Type of Bids

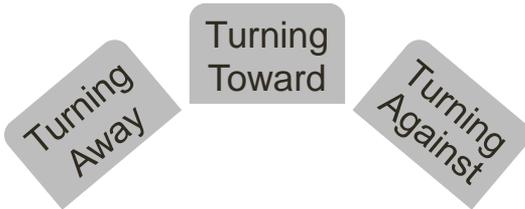
VERBAL	NONVERBAL
<ul style="list-style-type: none"> <li>➤ “While you’re up, could you grab the ketchup, please?”</li> <li>➤ “Wow! You sure look amazing in that outfit!”</li> <li>➤ “I blew the presentation I had today.”</li> </ul>	<ul style="list-style-type: none"> <li>➤ Affectionate touch</li> <li>➤ Facial expressions</li> <li>➤ Kind gestures</li> </ul>



## Responding to Bids

*Psalm 36:7 “how excellent is thy lovingkindness, O god! Therefore the children of men put their trust under the shadow of thy wings.”*

## Response Types



## Example #1

"Did you notice the sunset? It is beautiful!"

### Turning Toward

"I didn't notice it. Tell me what makes it so beautiful to you?"

### Turning Against

"Did you notice that I am reading?"

### Turning Away

Pretending to read newspaper.

## Example #2

"I would really appreciate it if you would pick up your clothes off the floor."

### Turning Toward

"That probably annoys you. I'll pick them up now. Sorry."

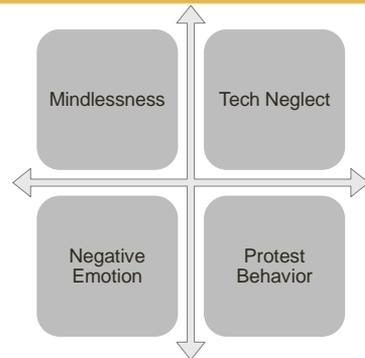
### Turning Against

"Why? You never take out the trash."

### Turning Away

Leaves the room.

## Barriers to Responding



## Connection Frequency

Greater and more frequent desire for connection.

Greater and more frequent desire for independence.



## Interactive Exercise

Turn toward your spouse:

1. Acknowledge and take responsibility for the barriers you allow to get in the way of responding to their "bids." Or acknowledge your tendency to move away or against their bids.
2. Ask for forgiveness.
3. Communicate your love for your spouse and desire to be responsive and present when they make bids. And, perhaps your desire to grow in this area.

## Appendix: Coping with Negative Emotions

### Coping with Negative Emotions

- Recognize beliefs about negative emotions
  - "You are a "wimp" if you express feelings of sadness and fear."
- Acknowledge the difficulty of responding to negative emotions while expressing willingness to grow.
- Learn to practice self-soothing or calming exercises.
- Focus on understanding and "witnessing."
- Seek to use explanatory statements or open-ended questions
  - "Tell me your major concerns."
  - "What makes this situation so difficult or stressful?"
  - "What do you need from me right now?"

The Seven Principles Of Making Marriage Work (Gottman And Silver, 2015)

### Listening to Sadness

- Signals something is missing or lost.
- Inquire about what is missing?
- Unless asked, seek listening rather than relief.



The Seven Principles Of Making Marriage Work (Gottman And Silver, 2015)

### Listening to Anger

- Seek not to take it personally.
- Refrain from telling your spouse to "calm down."
- Behind anger, often feeling of being blocked from goal.
- Remember, anger is not always rational.



The Seven Principles Of Making Marriage Work (Gottman And Silver, 2015)