

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

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 brings your wise brain back online — and your calm is the first cue of safety the other person receives.

2 My Side - Silently ask: what do I need here — connection, choice, or context? Know where you stand before you go looking for where they stand. This is what keeps curiosity from becoming surrender.

3 Their Side - Make the counterintuitive pivot from defending your position to genuine curiosity about theirs. Listen, and hold one question: what's missing for them — connection, choice, or context? You don't have to be right. If you can't tell, it's probably connection.

4 Build the Bridge - Reflect back what you heard and offer what's missing: "That sounds hard — I'm here." / "Do you want to do this now or later?" / "Here's what I'm actually after." Then ask "Am I close?" When the conversation settles, say your own need plainly — "What I need is ____." A bridge has two ends.

