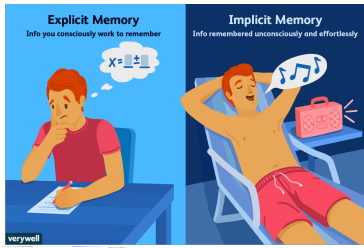


What Triggers You?

Our emotional responses point toward our implicit memory triggers.

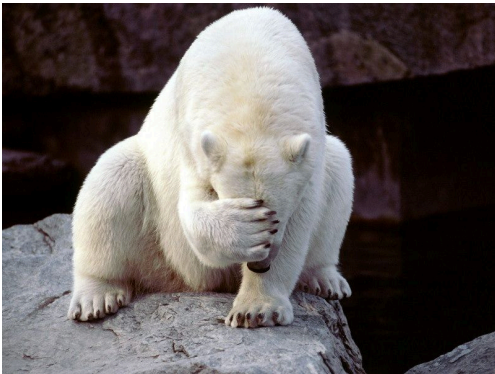


Relationship Matters™



"A trigger is the connection between the conscious mind and a buried painful memory."

Dr. Bill



Shame

Compassionate Communication

- Brain imaging shows the more deeply we listen the more our brain will mirror the activity in the other person's brain. This helps the receiver feel understood and valued.
- Brevity followed by intense listening increases the receiver's understanding.



Relationship Matters™

Self-Care

“Scientists have shown that dopamine can be released by acts of kindness and expressions of gratitude.”

- *Hawn & Holden, 2012*



Relationship Matters™

Self-Care is Critical for the Sustainability of Anything



Relationship Matters™

Boundaries





Compassion in Action

Relationship Matters™

Thank you!

www.kimbarthel.ca
Twitter: @kimbarthelotr
Facebook: Kim Barthel



"Supporting the conscious evolution of the human spirit"
