

The Body Doesn't Lie

Risk Management through
Somatic-Based Learning

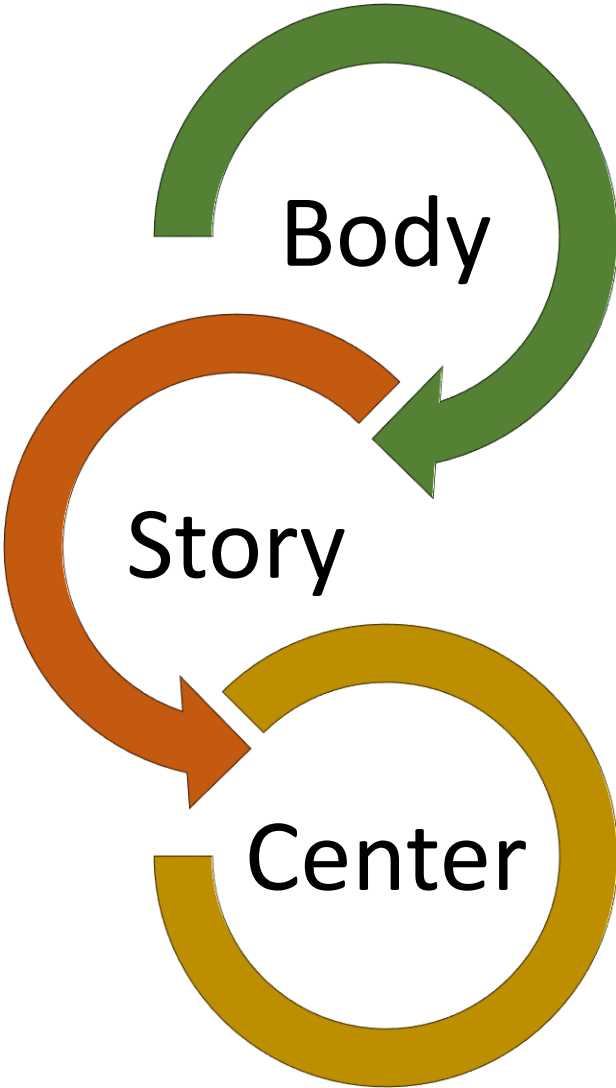


Tracy Rekart

- Build skills in awareness and communication to help people get comfortable with discomfort

Types of Risk

- Technical
- Physical
- Financial
- Political
- Interpersonal/Relational
- Weather





Risk:
the possibility of
loss or injury due to
action or inaction.

What is an interpersonal
relationship risk?

Interpersonal Risk

- Take a stand in opposition to another
- Name and enter a difficult conversation
- State a need
- Say no
- Call someone out in front of others
- Share a near miss story
- Admit a mistake
- Start a new pattern in conversation

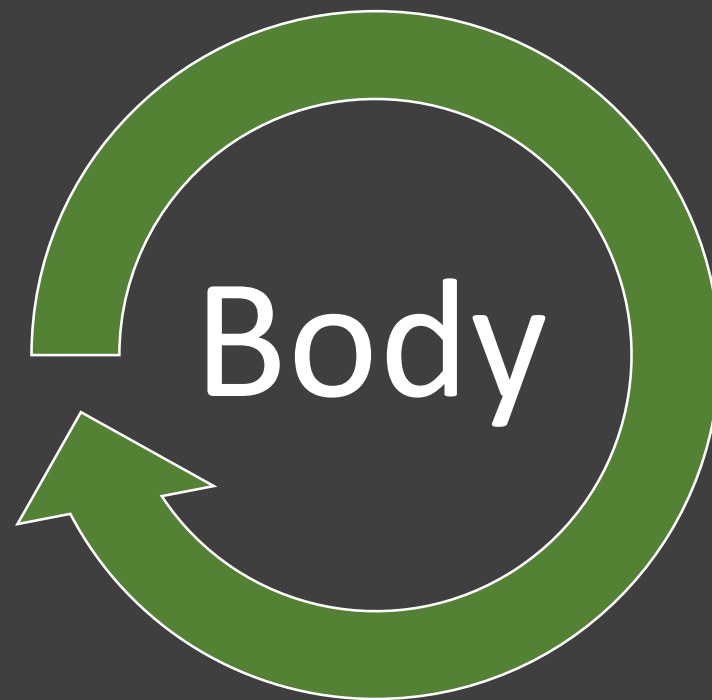
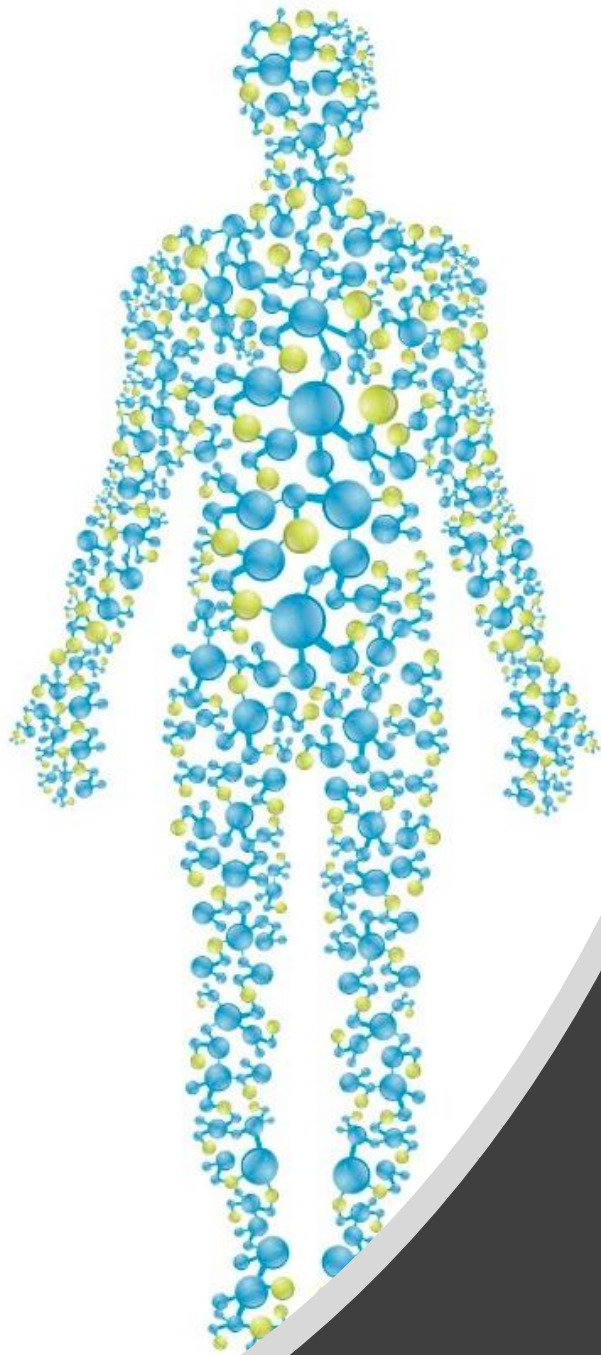
Identify a recent
interpersonal risk
you either took
or did not take.

What made/makes that risk risky?



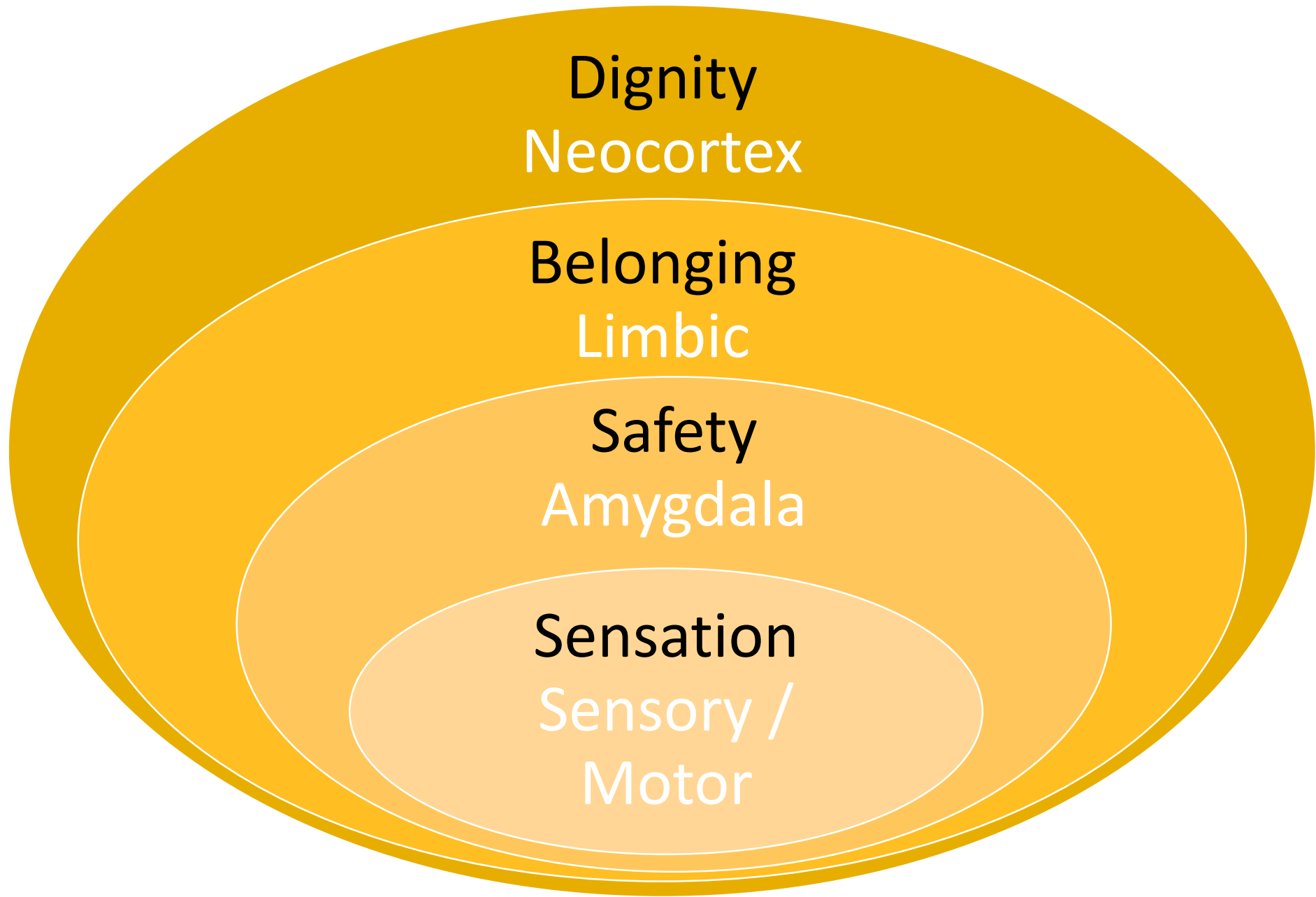
Fear of NOT being...

- Enough.
- Understood.
- In control.



Interpersonal risk begins
in the body.

Brain Evolution and Human Needs



SYSTEM 1

Intuition & instinct



Unconscious
Fast
Associative
Automatic pilot



SYSTEM 2

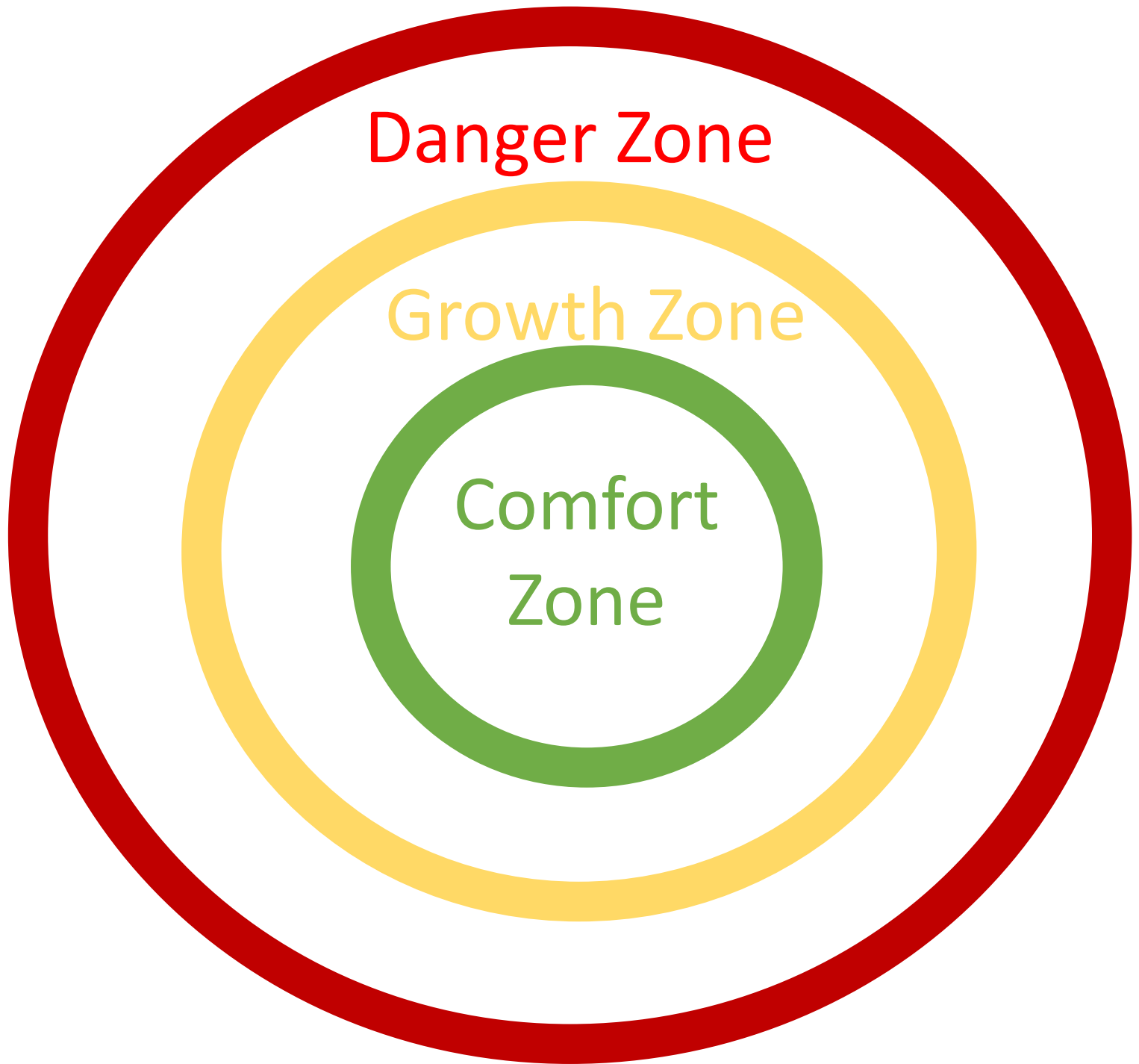
Rational thinking



Takes effort
Slow
Logical
Lazy
Indecisive

Source: Daniel Kahneman

Discomfort



Danger Zone

Growth Zone

Comfort
Zone

What did you learn
about the body and
interpersonal risk?

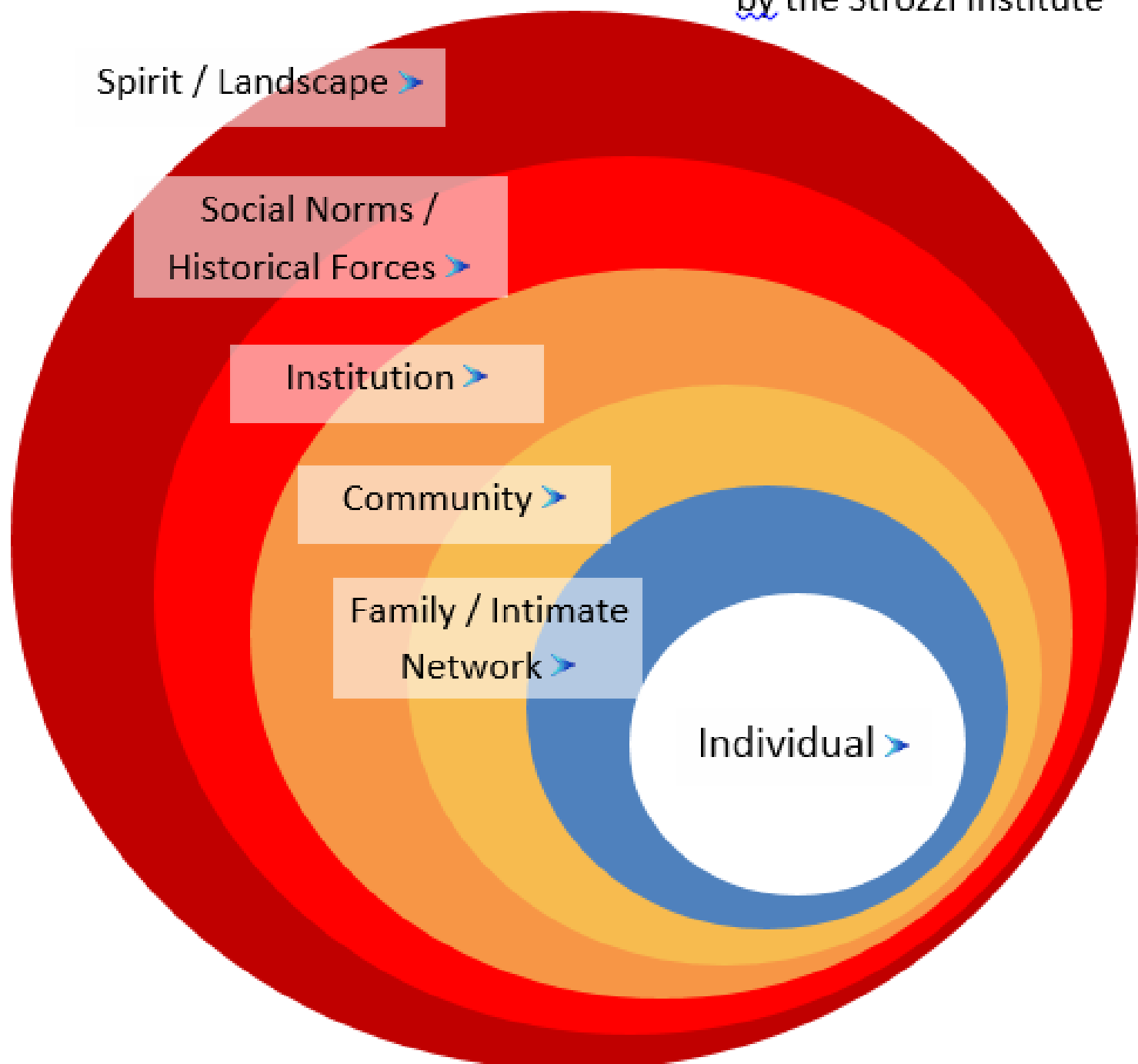
Turn to your neighbor.



AMERICA
EDUCATION,
RE IDEE
N° 4.

Story

Your threshold for interpersonal risk is pre-determined by the stories in your mind.



Spirit / Landscape >

Social Norms /
Historical Forces >

Institution >

Community >

Family / Intimate
Network >

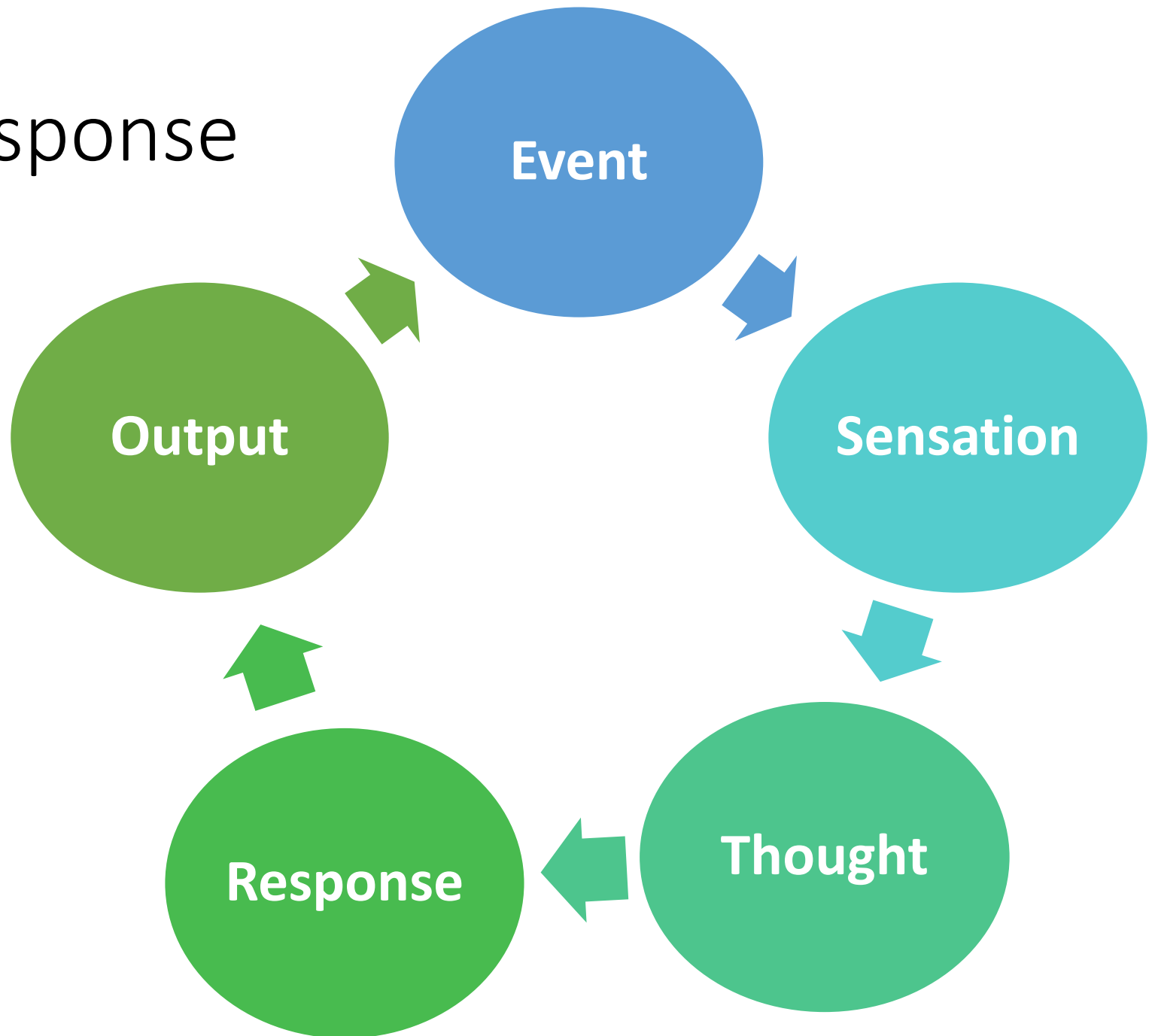
Individual >

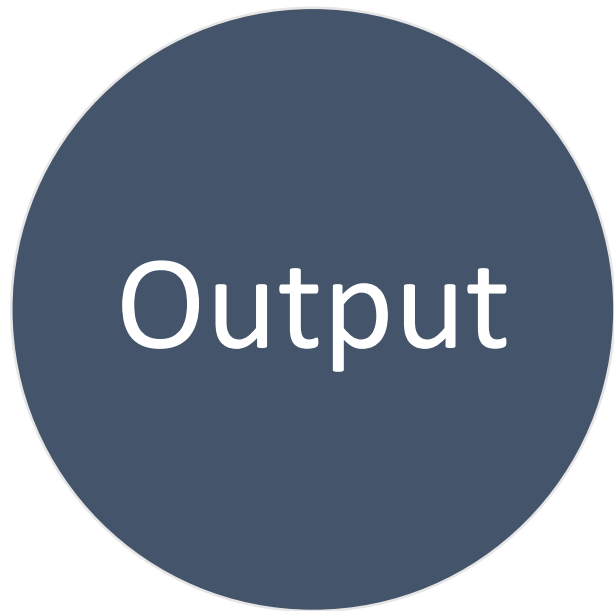


As a child, what did you learn about managing interpersonal risk?

How does your current management of interpersonal risk reflect that?

Response







New
Action



Dis-
comfort

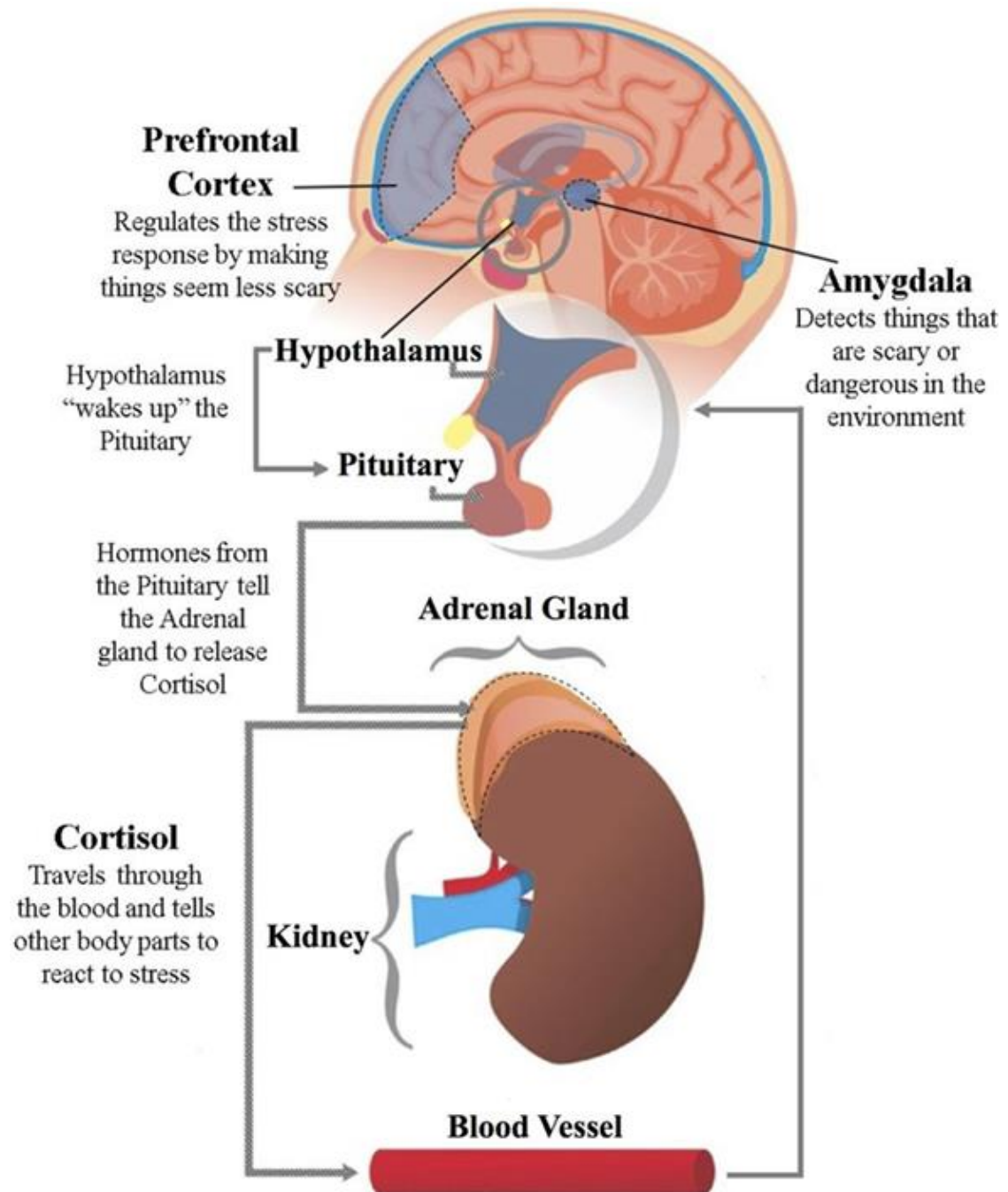
What did you learn
about your story and
interpersonal risk?

Turn to your neighbor.



Center

Stress



Window of Tolerance

High: Anger, Rage, Anxiety, Lockdown

Optimal
Zone

Low: Depression, Avoidance, Rigidity, Cut-off

What is your
automatic – “go to”
response to
stress/discomfort?

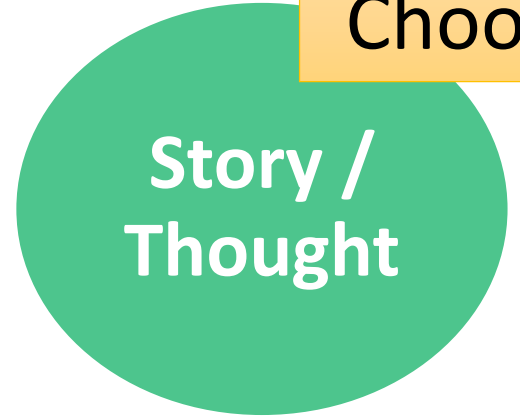
Response



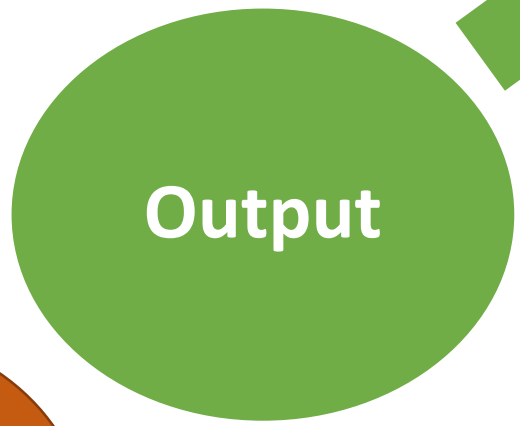
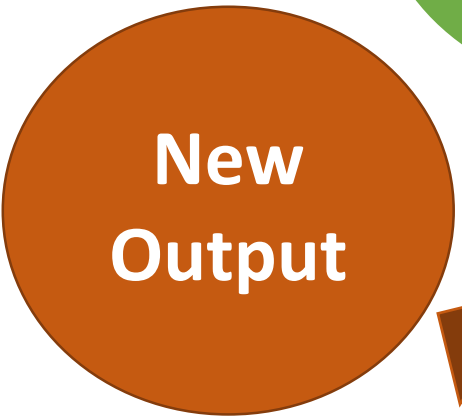
Notice

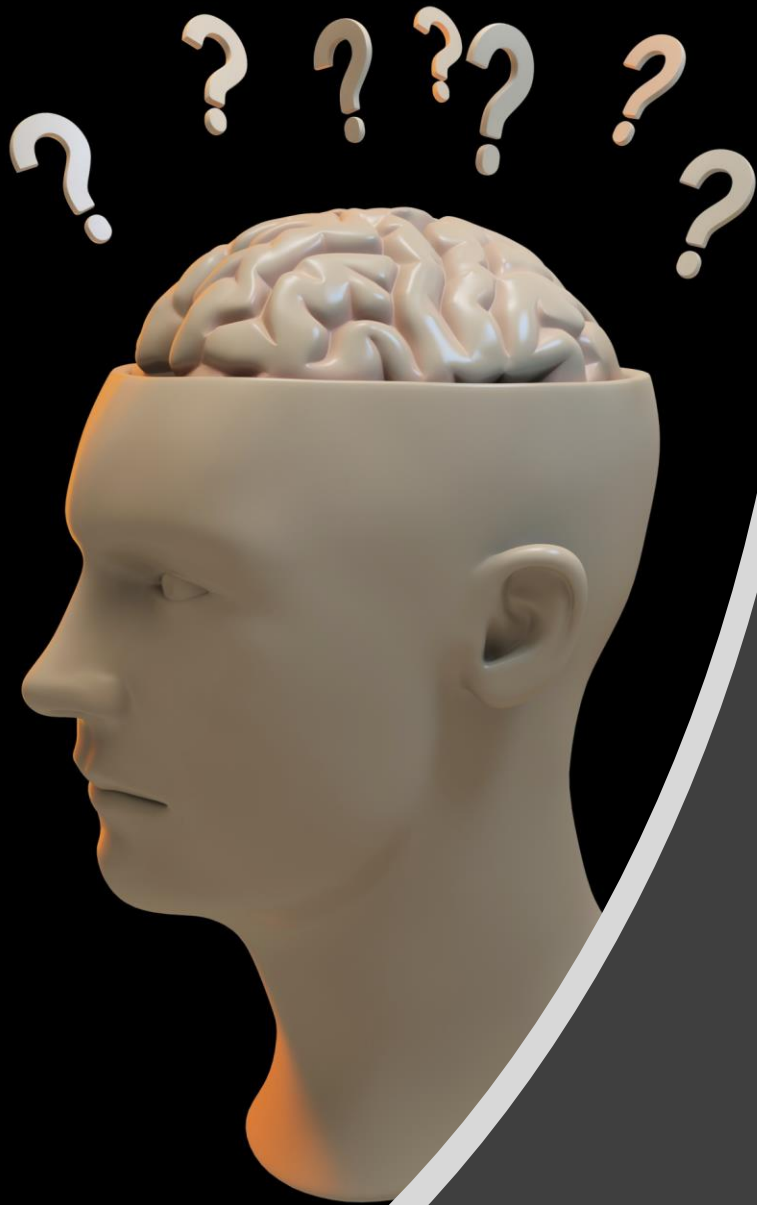


Choose



Center



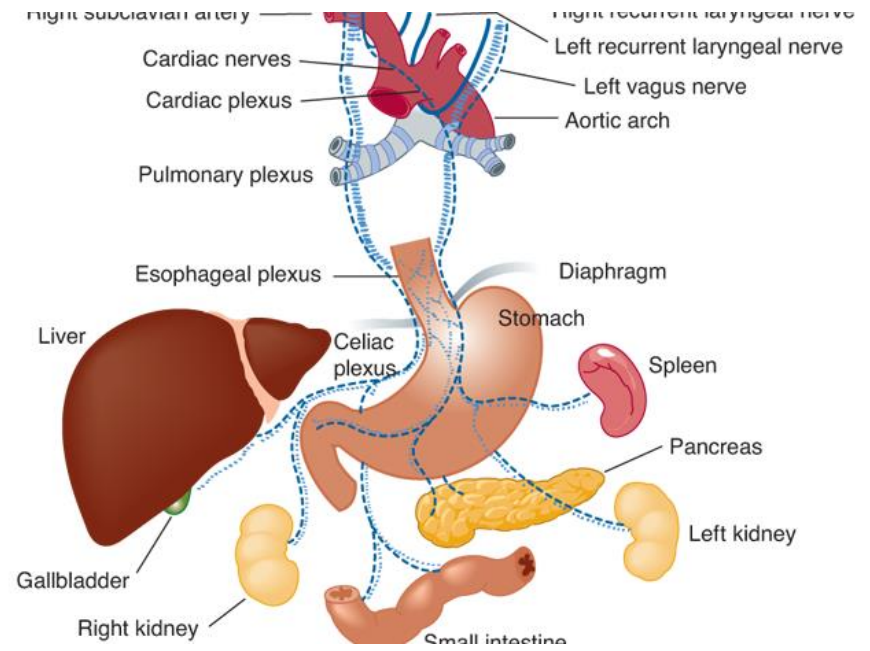


How does stress
affect your ability
to take
interpersonal
risk?

Centering

What's the benefit?



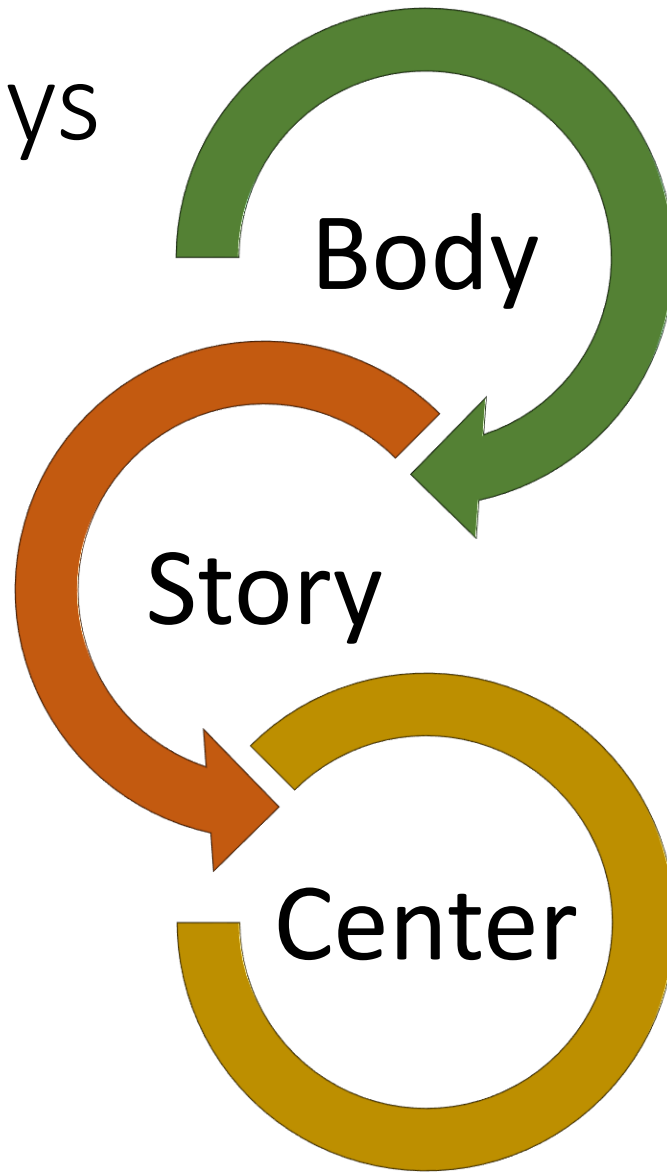


Power to choose

What did you learn
about centering and
interpersonal risk?

Turn to your neighbor.

Take-Aways



The body reveals:
to manage risk somatically,
practice centering to
notice your body
then question your story.



Tracy Rekart

- www.tracyrekart.com
- **The Body Doesn't Lie** white paper on website
- Reach out with questions!



Thank you!