

It is hard to be a
human... What with
dealing with all the other
humans every day...

Charity Bell

A Hard Time
to Be Human

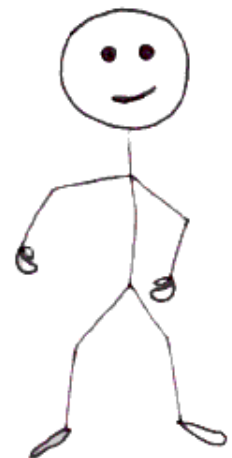
Connecting
in Complex
Times

Thank you

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- For your work here, now, today
- For your work with staff and individuals
- For your work at home and beyond

This is
my
thank you
dance!



Charity Bell (she/her)

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- Committed to supporting humans in the complexities of interaction with other humans.
- Session draws from the work of Dr. Kristin Neff, Dr. Dan Siegel, Ronald Heifetz, and others. Nothing to disclose!
- Please take care of yourself during this discussion! If you feel resistance rising, just ride with it!

Think Of The Last Time You Got Into a Conflict With Someone...

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- First , tell me one word that describe how **YOU** were feeling in that conflict
- Now, tell me a word that the other person might have used to describe you in that conflict

“The hardest part of being human may be accepting that other people are living inside entirely different versions of the same moment.”

Often behavior

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Especially when people are
escalated or angry.

NO ONE

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Is ever irrational....

To themselves.....

How We Perceive The Emotions and Actions Of Others

DETERMINES OUR RESPONSE

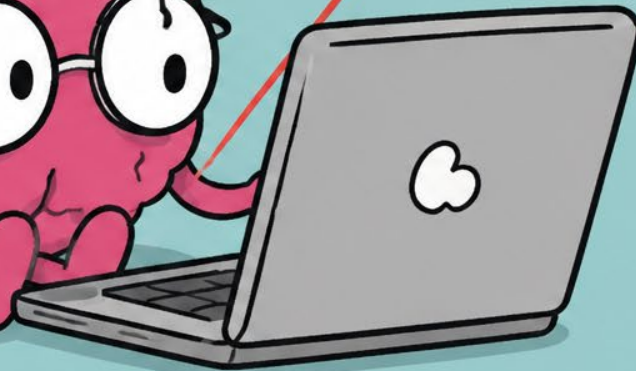
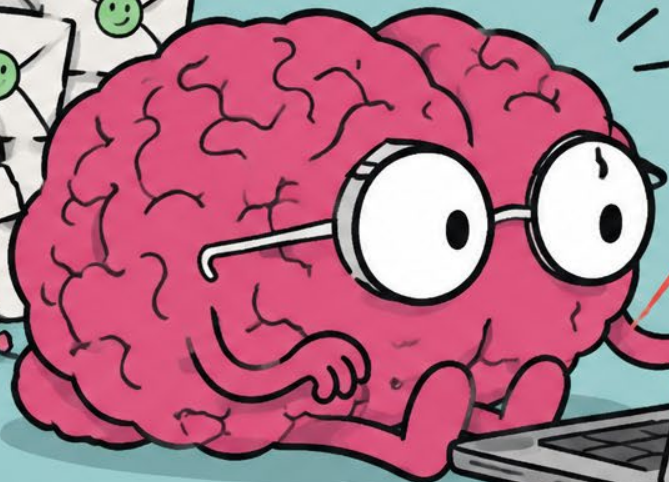
A photograph of a cup of coffee on a saucer and a small vase with dried flowers on a table, with a blue overlay and the text '99 emails' in white.

99 emails

99 POSITIVE
EMAILS



1 NEGATIVE
EMAIL



What if we assumed that
people were doing the best
that they could

AND

that almost nothing they do it
actually about us?

How is this:

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“Wow, this person is acting in a way that feels appropriate to them given their current stress level, perception of the situation, and ability to manage emotion”



Different from this?

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A background image of a chessboard with several chess pieces. A white king is lying on its side in the foreground, while several dark pieces stand upright in the background. The image is overlaid with a semi-transparent dark blue rectangle containing white text.

**Our Assumption That They Are
Acting
Irrationally
Triggers Us To Escalate**



Our Responses

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Not Their Actions



Impact our health



Our relationships




Our self-image



Our emotions



Image from giphy.com



Who made you this way?



Negativity Bias: Causes in Evolution



If
only.....

Dr. Dan Siegel (AKA My Best Friend)

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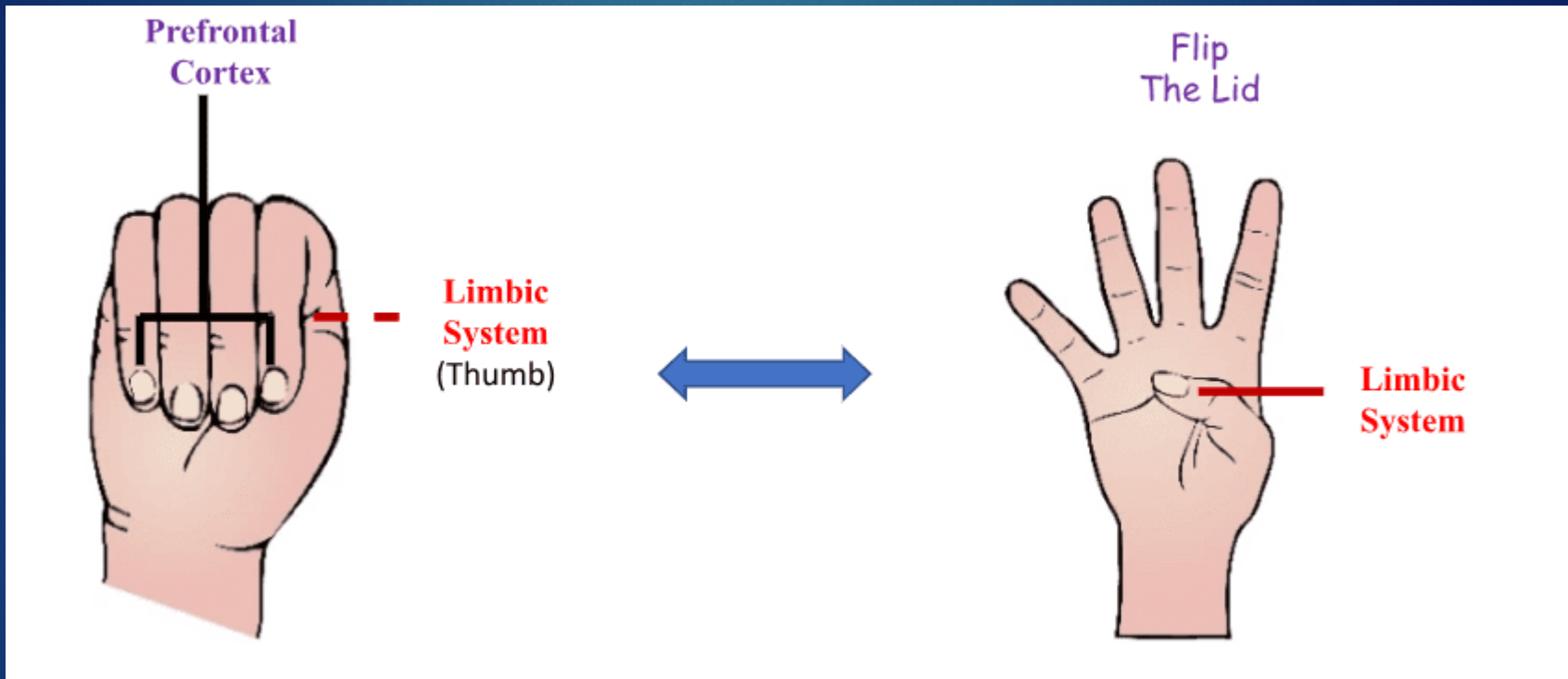


Image:
personal



Daniel Siegel Hand Model

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The Triune Brain Model

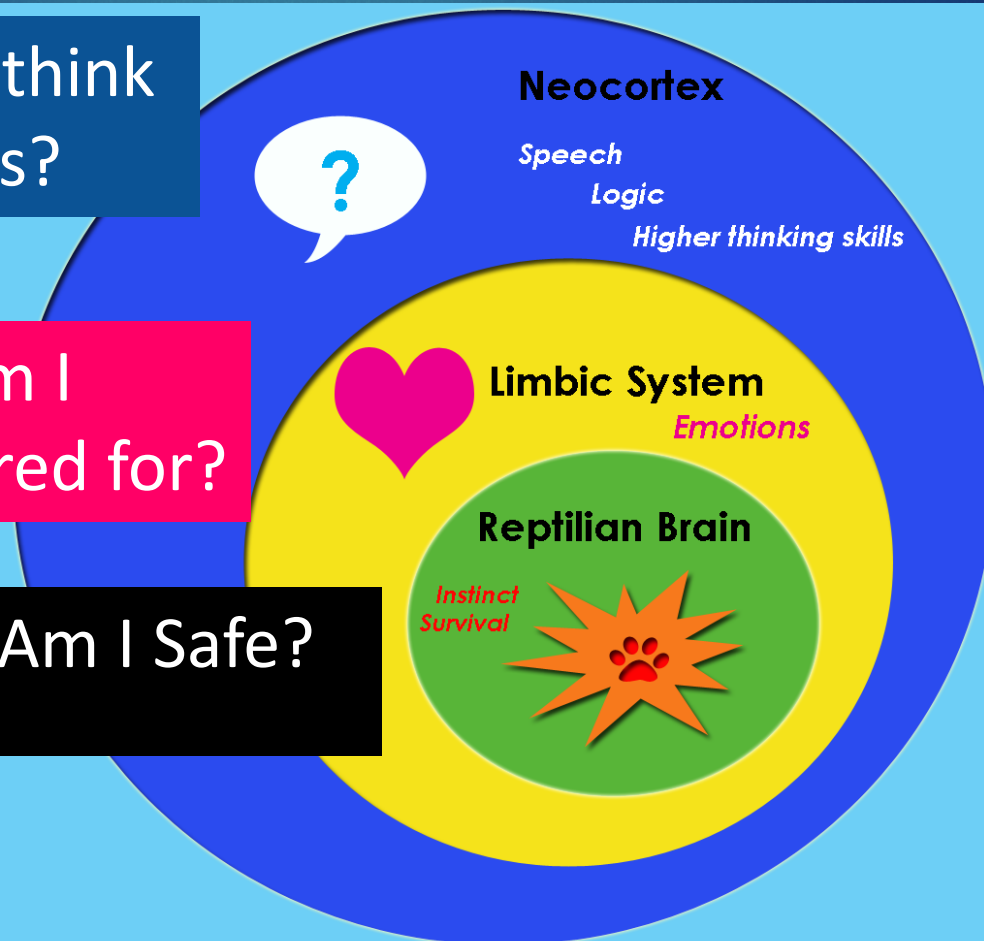
25

Unspoken Questions

3. What do I think about this?

2. Am I Loved/Cared for?

1. Am I Safe?



Changing our perception of behavior

- Reduces the intensity of our reaction,
- AND
- increases our access to thoughtful and supportive responses

Curiosity



-VS-

Taking It Personally

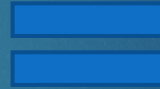




Why do people escalate?



Anything
that makes them
feel
MORE frustrated,
threatened,
ignored,
misunderstood,
disrespected,
discriminated
against, etc.



The perception
that someone is:

Rude

Loud

Demanding

Defensive

Arrogant

Stubborn

Selfish

Irrational

It's all about PERCEPTION

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Escalating
Individual

You

Struggling

Overwhelmed

Hurting

Desperate

Worried

Rude

Obnoxious

Loud

Demanding

Defensive

Arrogant

Stubborn

Selfish

Irrational



Defensive

Irritated

Superior

Confusing

Rude

Demeaning

Stubborn

Selfish

Irrational

Kind

Calm

Open

Engaged

Compassionate

Forgiving

Flexible

Generous

Clear



Put out the Fire!

- When people are stressed, the reptilian brain gets activated- SURVIVAL BRAIN
- Perspective taking is a deeply important self-care tool
- DO NOT ADD FUEL!





Relationship over Reaction

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You are responsible
for **EVERYTHING** you
add to a situation






Self-Care is setting yourself up for success

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Image from giphy.com



No matter how
bad things are, you
can always make
things worse

PICTUREQUOTES.COM

You are carrying enough.

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- Be kind not because of how it makes them feel, but because of

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DO
NOT
TAKE IT
HOME





175 Positive Characteristics

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Characteristics				
Accessible	Dependable	Honest	Passionate	Sensible
Adaptable	Determined	Humble	Patient	Sensitive
Adventurous	Dignified	Humorous	Peaceful	Shy
Affable	Diligent	Idealistic	Perceptive	Sincere
Affectionate	Diplomatic	Imaginative	Persistent	Skillful
agreeable	Disciplined	Impartial	Personable	Sociable
Ambitious	Discreet	Incisive	Persuasive	Solid
Amicable	Dynamic	Independent	Pioneering	Spontaneous
Amusing	Easy-going	Innovative	Placid	Sporting
Articulate	Educated	Insightful	Plucky	Stable
Balanced	Efficient	Intelligent	Polished	Steadfast
Benevolent	Eloquent	Intuitive	Polite	Stoic
Brave	Empathetic	Inventive	Powerful	straightforward
Bright	Encouraging	Invulnerable	Practical	Strong
Brilliant	Energetic	Keen	Precise	Suave
Broad-minded	Enthusiastic	Kind	Principled	Subtle
Capable	Exuberant	Liberal	Profound	Sympathetic
Captivating	Fair	Logical	Protective	Tasteful
Careful	Faithful	Lovable	Prudent	Thorough
Caring	Fearless	Loving	Punctual	Thoughtful
Charming	Firm	Loyal	Quick-witted	Tidy
Clear-headed	Flexible	Magnanimous	Quiet	Tolerant
Clever	Focused	Mature	Rational	Tough
Compassionate	Forgiving	Meticulous	Relaxed	Unassuming
Confident	Frank	Moderate	Reliable	Uncomplaining
Conscientious	Friendly	Modest	Reserved	Understanding
Considerate	Funny	Neat	Resourceful	Upright
Courageous	Generous	Non-authoritarian	Responsible	Versatile
Courteous	Gentle	Obedient	Responsive	Vivacious
Creative	Genuine	Objective	Romantic	warm
Curious	Gracious	Open	Scrupulous	Well-read
Daring	Gregarious	Optimistic	Secure	Well-rounded
Decent	Hard-working	Orderly	Self-confident	Willing
Decisive	Helpful	Organized	Self-disciplined	Wise
Educated	Heroic	Original	Selfless	Witty

Write Down
3 Words you
want people
to use to
describe you

“Decide who you want to be.

CHARITY BELL

Then, be that person in all situations.”

References

- ▶ <https://drdansiegel.com/hand-model-of-the-brain/>
- ▶ Self-Compassion: The Proven Power of Being Kind to Yourself by [Kristin Neff](#) (Author)
- ▶ <https://pmc.ncbi.nlm.nih.gov/articles/PMC2489204/>