



LOOKING BACK:

Make Emotional Connections

Record yourself in a conversation. This could be personal or professional. Point the camera toward your conversation partner, as long as they agree. After, watch the video carefully to see whether you or your partner (a) made bids, (b) turned toward, (c) turned away, or (d) turned against. Pay particular attention to non-verbal communication.

When did you see your partner make a bid, turn toward, away from, or against one of your bids?

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When did you miss opportunities to makes bids to your partner or turn toward your partner's bids?

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When did you see yourself or your partner turn away from or against a bid?

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LOOKING AT:

Make Emotional Connections

(1 of 2)



PEOPLE WATCHING

Take 30 minutes to watch people around you and observe how they (a) make bids, (b) turn toward, (c) turn away, or (d) turn against. Pay particular attention to non-verbal communication.

What examples of bids did you see?

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How did you see people turn toward bids?

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What did they do that opened up or closed down the conversation?

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How did you see people turn away from bids?

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How did you see people turn against bids?

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LOOKING AHEAD:

Make Emotional Connections



Identify someone you think you especially need to connect with more effectively.

What can you do to make more bids?

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What can you do to turn towards more effectively?

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What can you do to be more mindful of people's need to connect?

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What else can you do to build an emotional connection with your partner?

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