WIRED FOR CONNECTION

MENTAL HEALTH AS CREATED SOCIAL BEINGS
YOU AT TMP

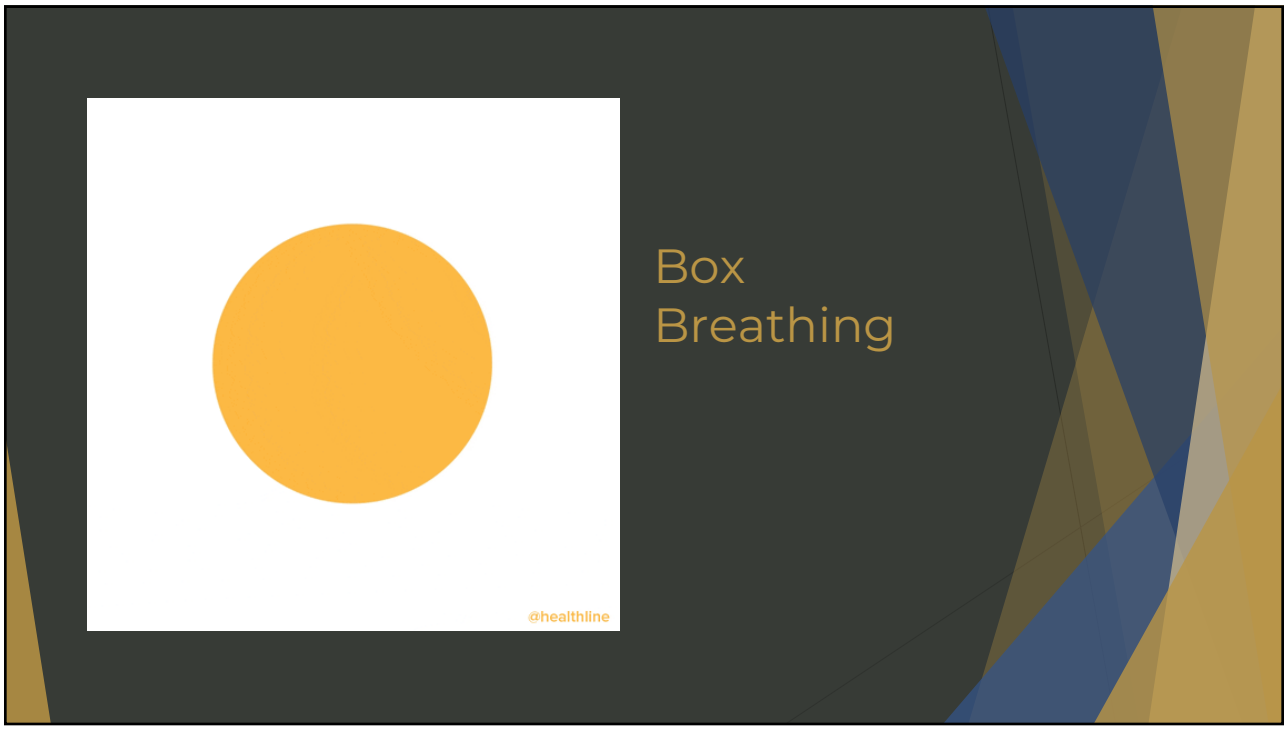
March 2023
Carolyn Klassen
CarolynKlassen.com

the MEETING PLACE

1

A time to exhale

2



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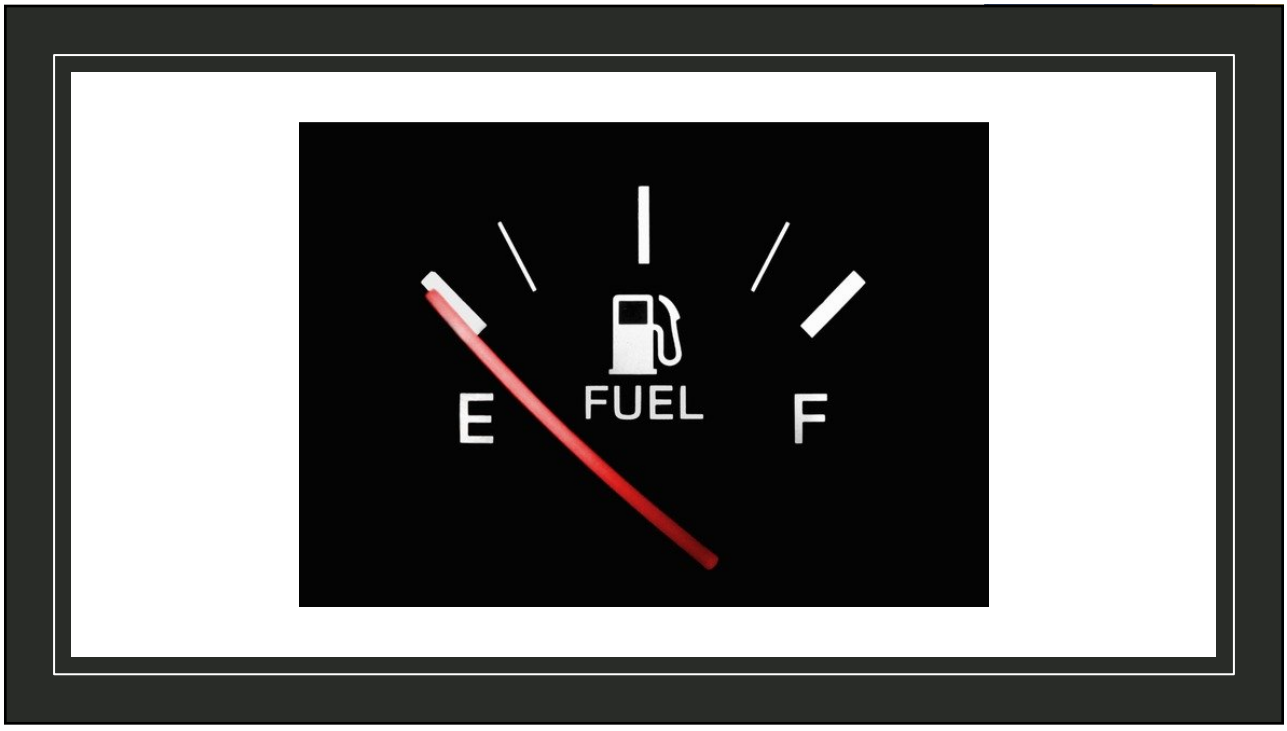

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Week 1-Today

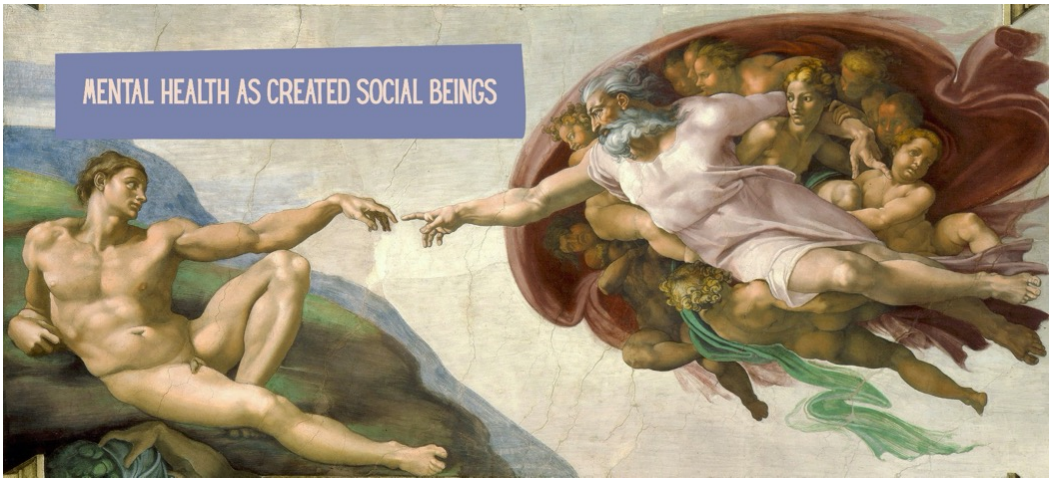
- Look at ourselves in our imagedness of God
- Understand connection as restoring imagedness

6

SCAN ME

For slides and resources, and to sign up for the “Wired for Connection” newsletter!

7



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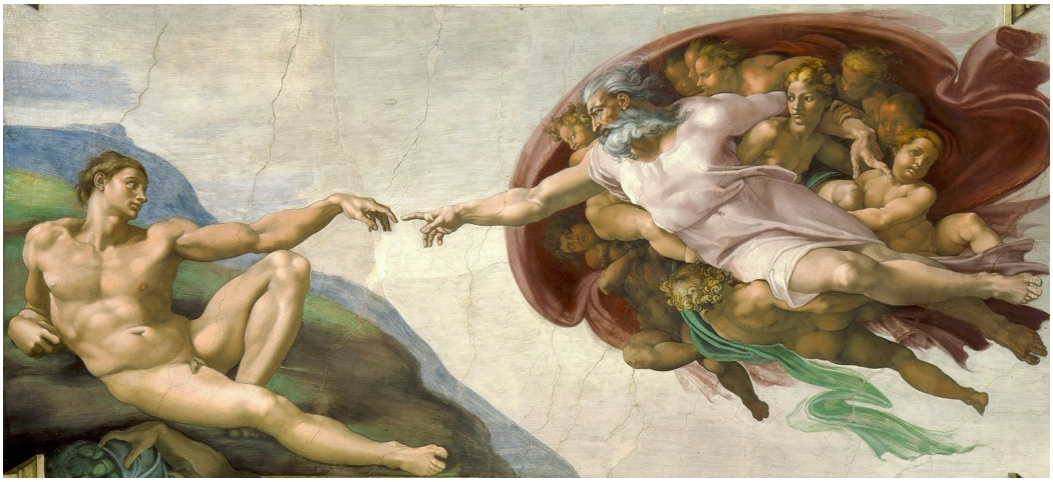

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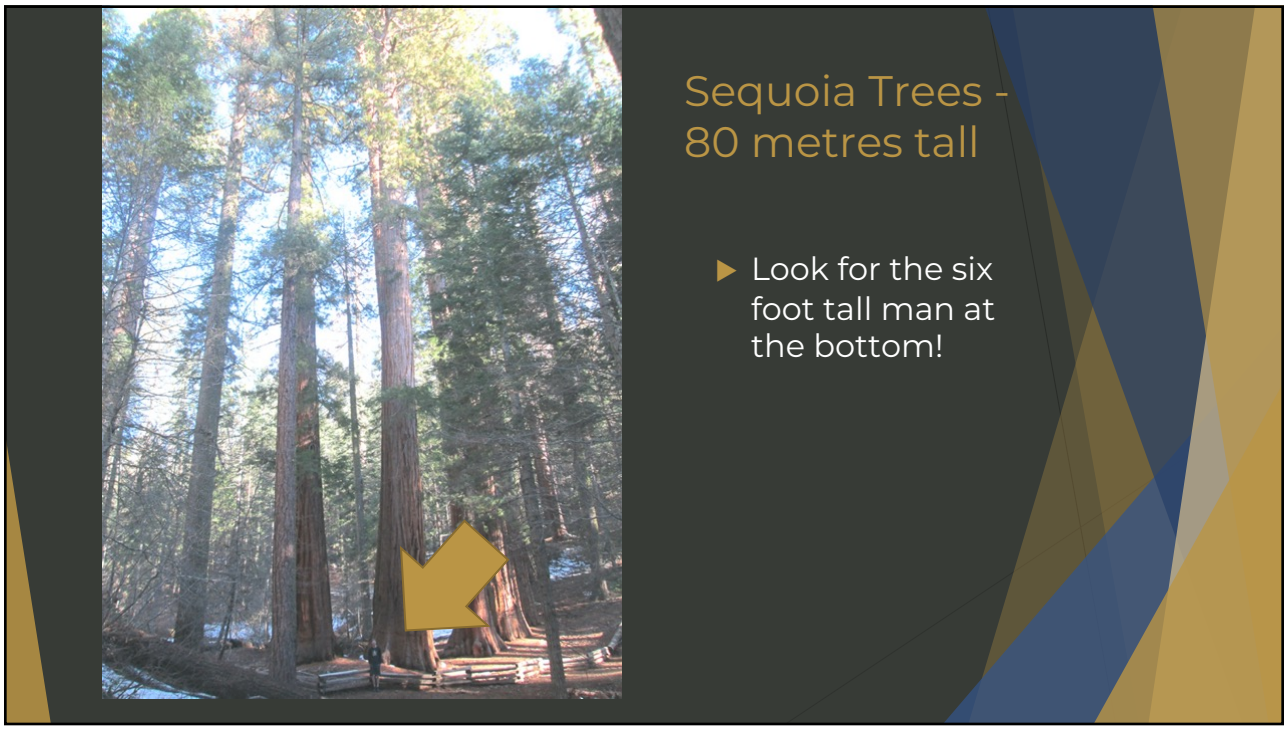
Sequoia Trees - 80 metres tall
Look for the six foot tall man at the bottom!

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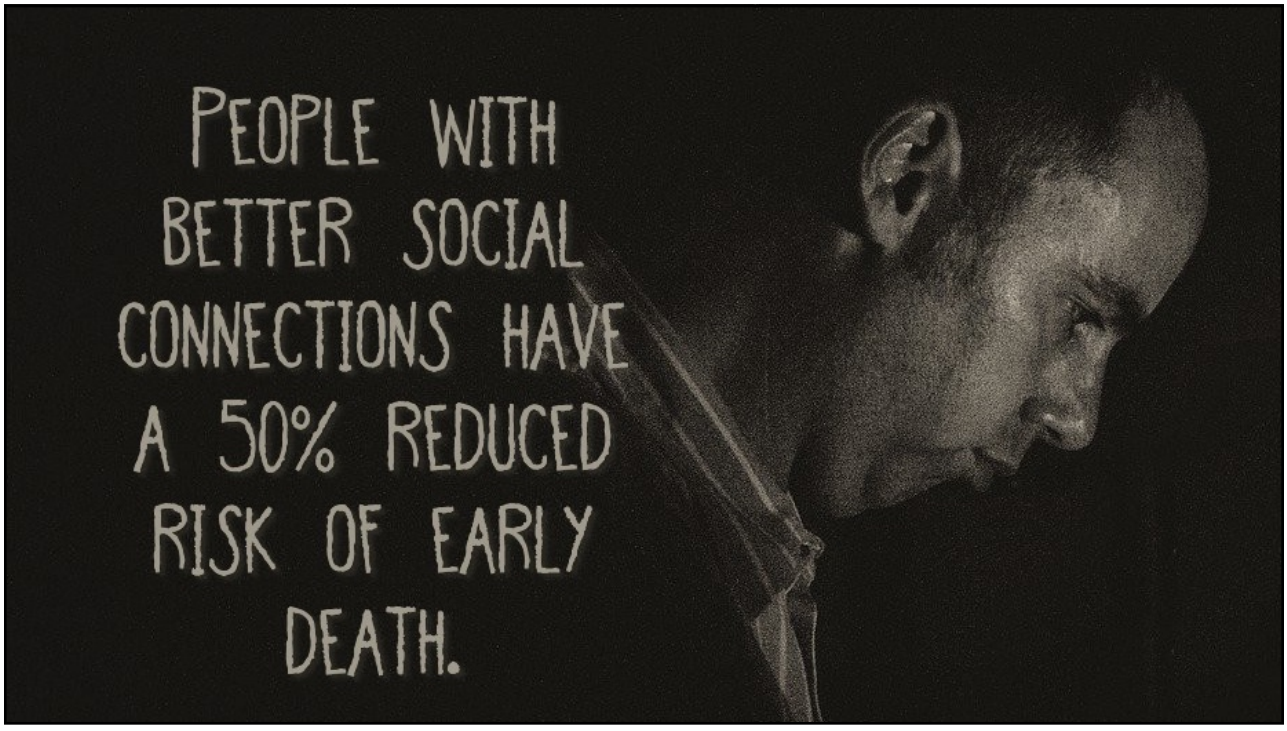
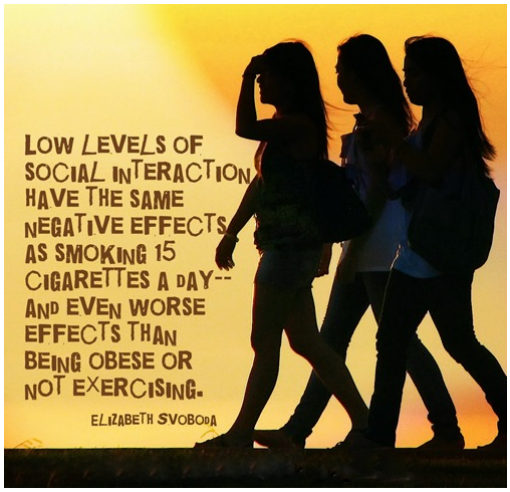
We are
wired for
connection

13


PEOPLE WITH
BETTER SOCIAL
CONNECTIONS HAVE
A 50% REDUCED
RISK OF EARLY
DEATH.

14


LOW LEVELS OF SOCIAL INTERACTION HAVE THE SAME NEGATIVE EFFECTS AS SMOKING 15 CIGARETTES A DAY-- AND EVEN WORSE EFFECTS THAN BEING OBESE OR NOT EXERCISING.
ELIZABETH SVOBODA

15

Good relationships keep us happier and healthier. Period.
Robert Waldinger

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WIRED FOR
CONNECTION

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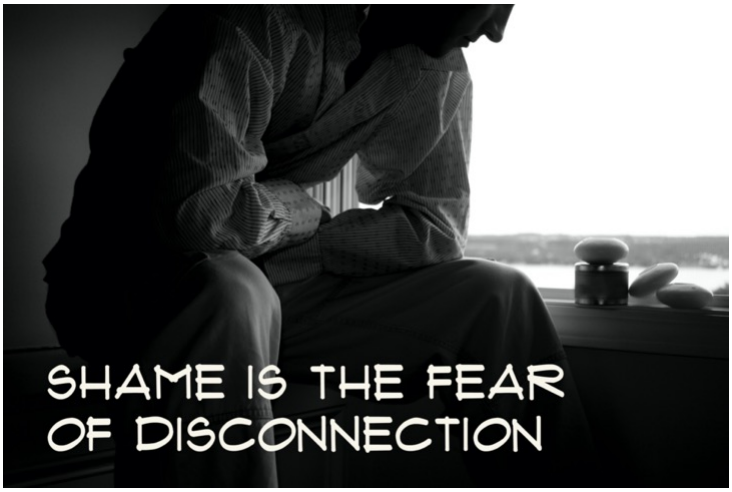
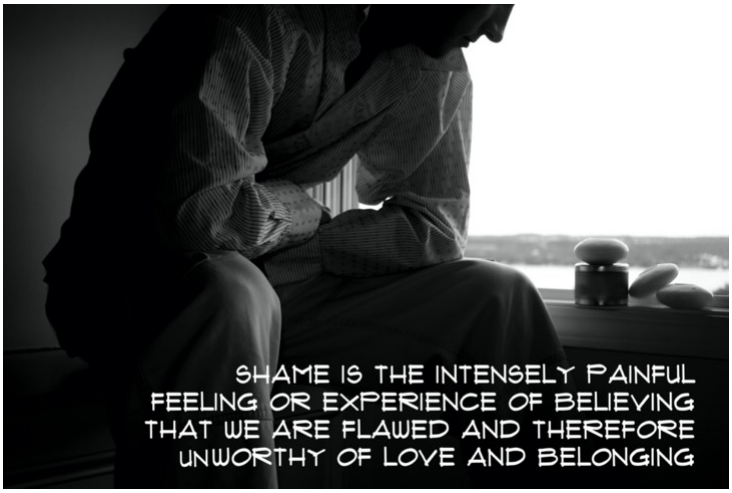
We are wired for
connection
It was hard even
before the pandemic.
PHOTO BY IAN
MCCLAUSLAND

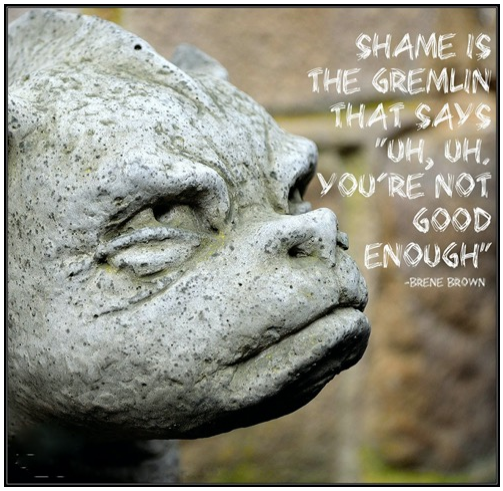
20


SHAME IS THE FEAR
OF DISCONNECTION

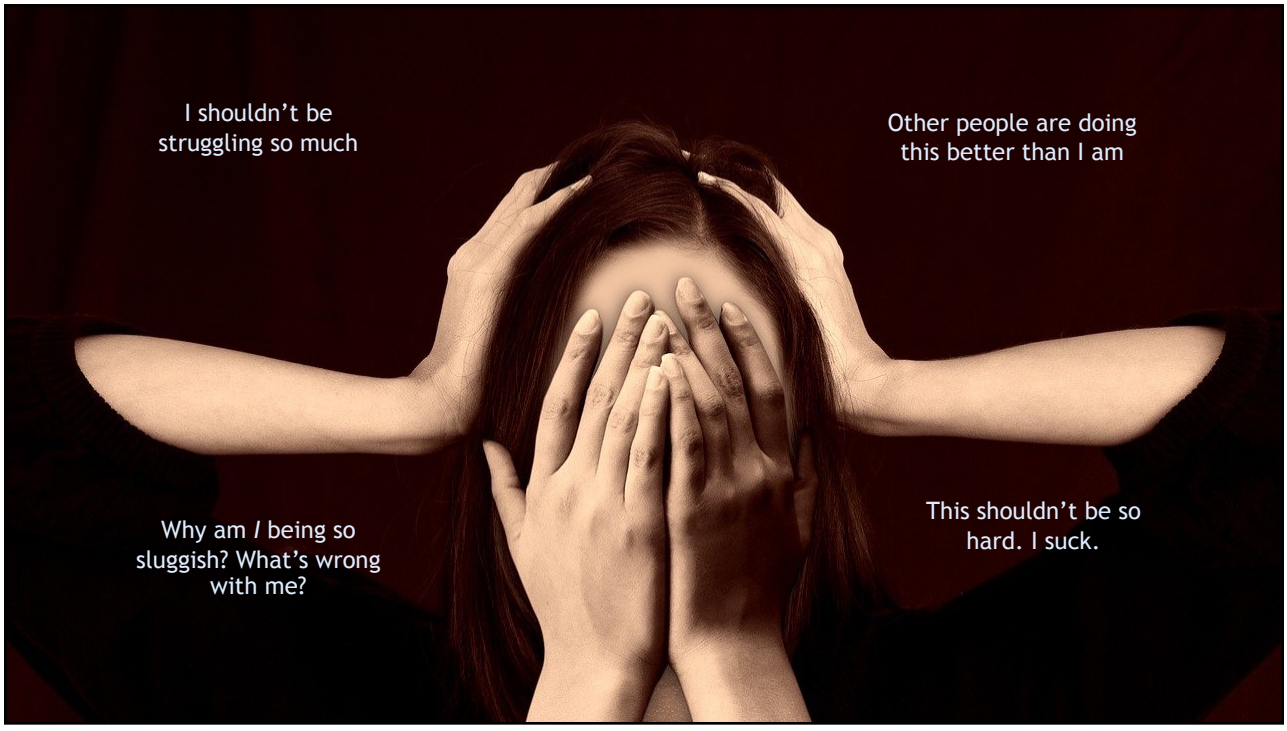
21


SHAME IS THE INTENSELY PAINFUL
FEELING OR EXPERIENCE OF BELIEVING
THAT WE ARE FLAWED AND THEREFORE
UNWORTHY OF LOVE AND BELONGING

22


SHAME IS THE GREMLIN THAT SAYS "UH, UH, YOU'RE NOT GOOD ENOUGH"
-BRENE BROWN

23


I shouldn't be struggling so much
Other people are doing this better than I am
Why am *I* being so sluggish? What's wrong with me?
This shouldn't be so hard. I suck.

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Issues of Imagedness

25

DEFINE YOURSELF RADICALLY AS ONE BELOVED BY GOD. THIS IS THE TRUE SELF. EVERY OTHER IDENTITY IS ILLUSION.
BRENNAN MANNING

26

Issues of Imagedness
Brokenness of the World
Trauma
Illness
Brokenness of ourselves

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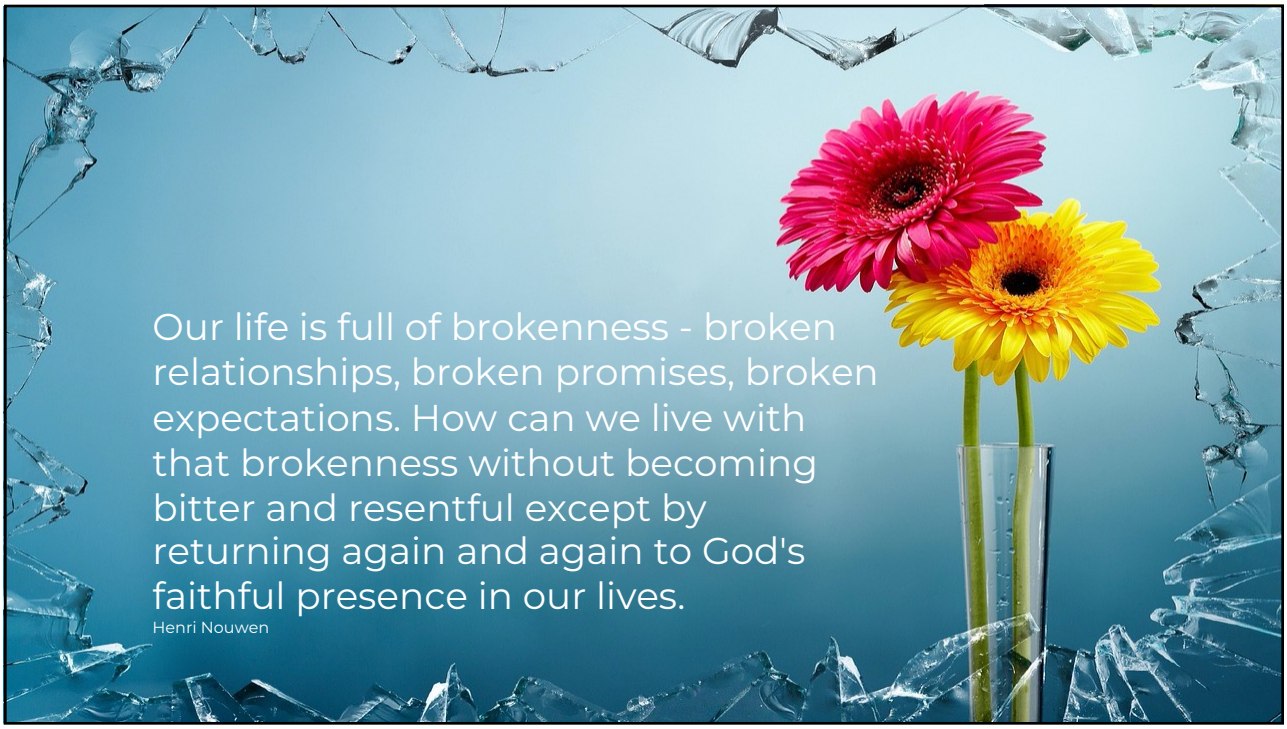
Our life is full of brokenness - broken relationships, broken promises, broken expectations. How can we live with that brokenness without becoming bitter and resentful except by returning again and again to God's faithful presence in our lives.
Henri Nouwen

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My brokenness was a better bridge for people than my pretend wholeness every was.
Sheila Walsh

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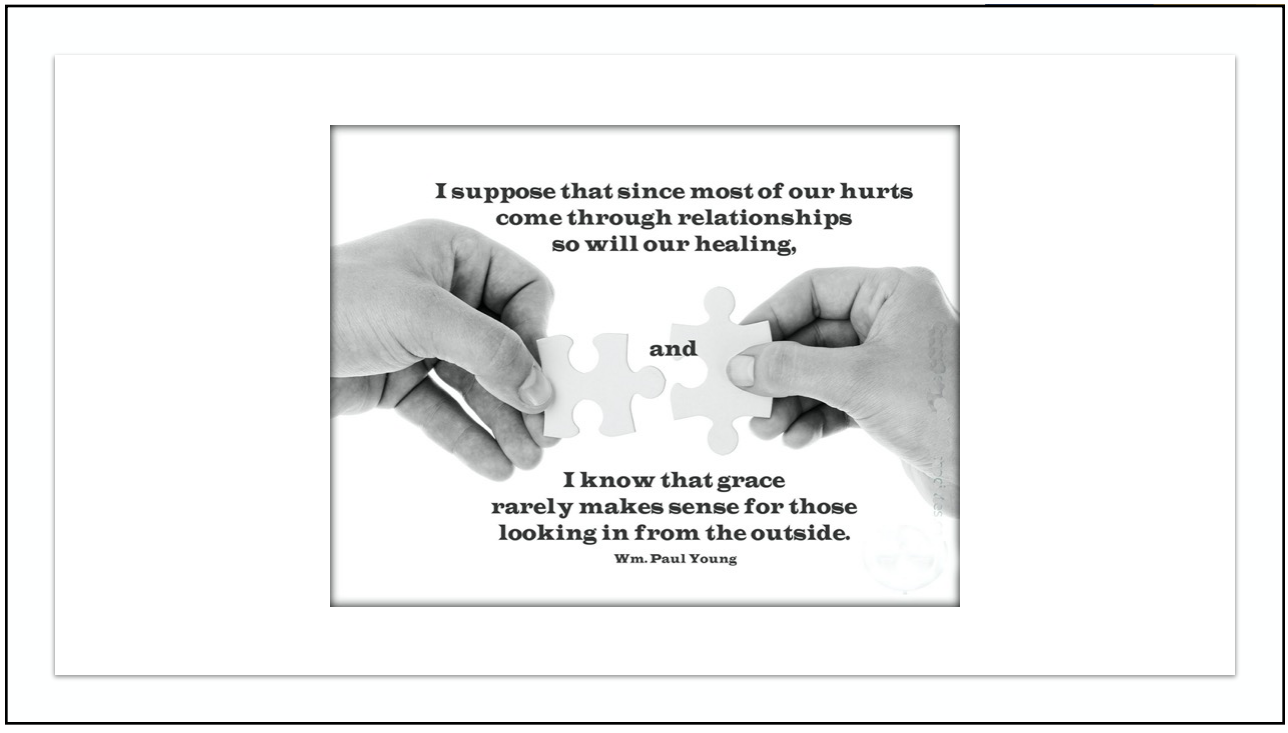
I suppose that since most of our hurts come through relationships so will our healing,
and
I know that grace rarely makes sense for those looking in from the outside.
Wm. Paul Young

30

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Empathy vs Sympathy

- https://youtu.be/1Evwgu369Jw

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Evocative Empathy:
Communicated understanding of the person's intended message, especially the experiential part.
David Martin

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Connection isn't about logic
It is about love
HEINZ
ESTD 1869 ESTD
TOMATO
KETCHUP
AUX TOMATES
57 VARIETIES
375 mL

34

35

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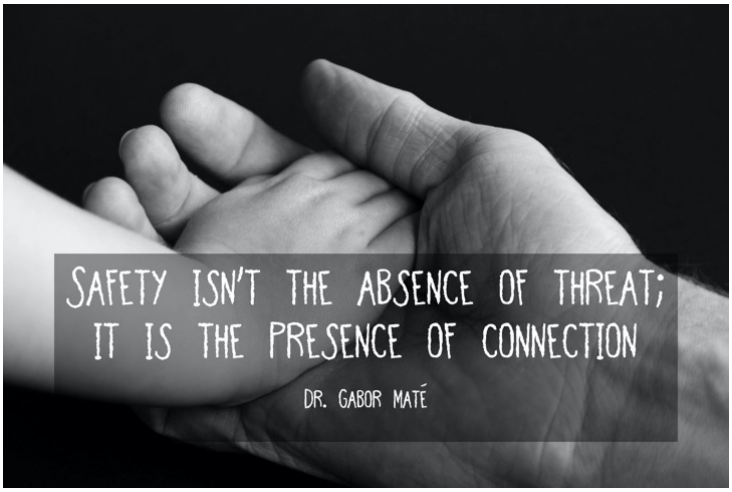
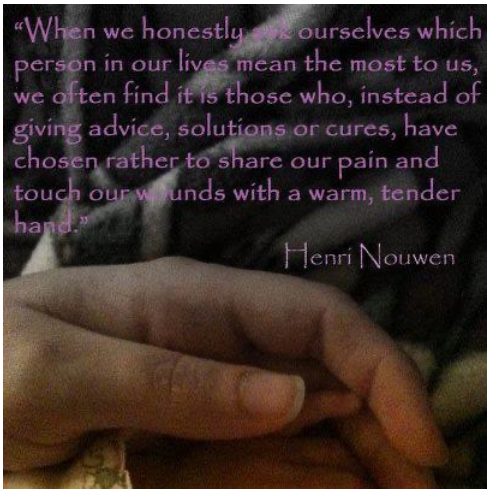

SAFETY ISN'T THE ABSENCE OF THREAT;
IT IS THE PRESENCE OF CONNECTION
DR. GABOR MATÉ

37


"When we honestly ask ourselves which person in our lives mean the most to us, we often find it is those who, instead of giving advice, solutions or cures, have chosen rather to share our pain and touch our wounds with a warm, tender hand."
Henri Nouwen

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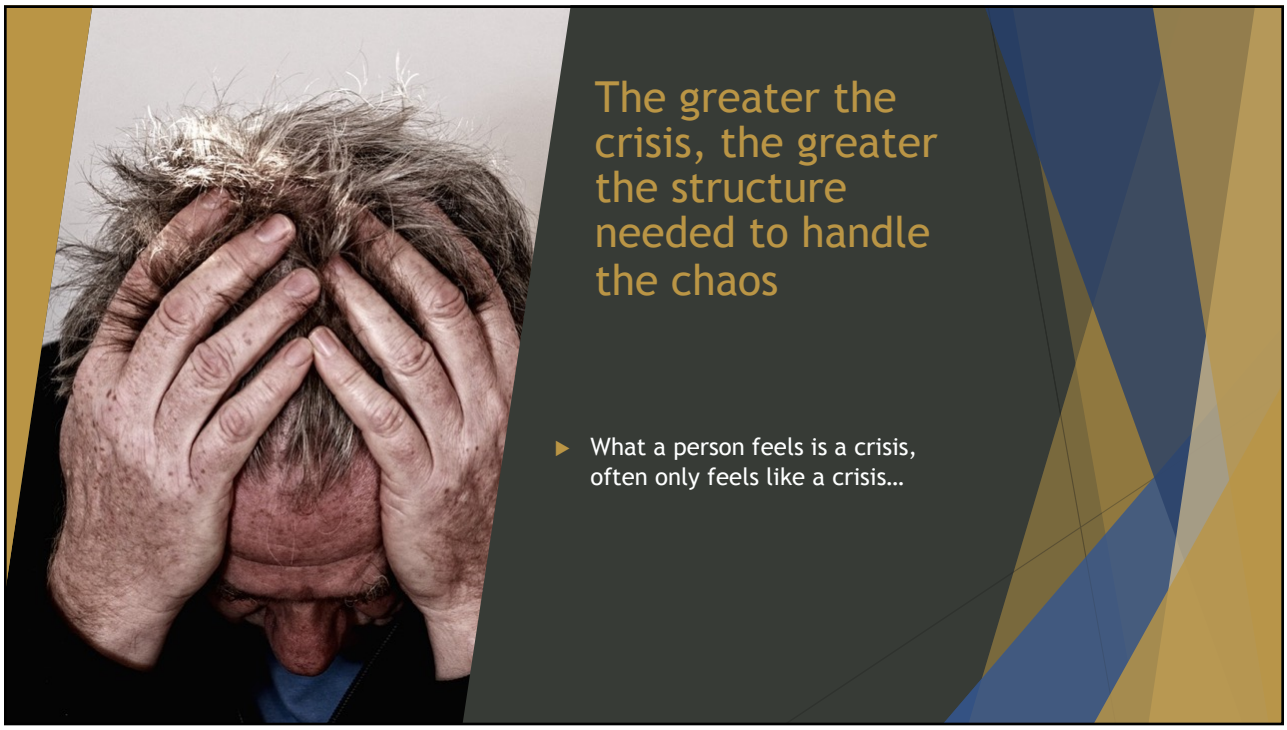
The greater the crisis, the greater the structure needed to handle the chaos
What a person feels is a crisis, often only feels like a crisis…

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Know what's ok and what's not ok

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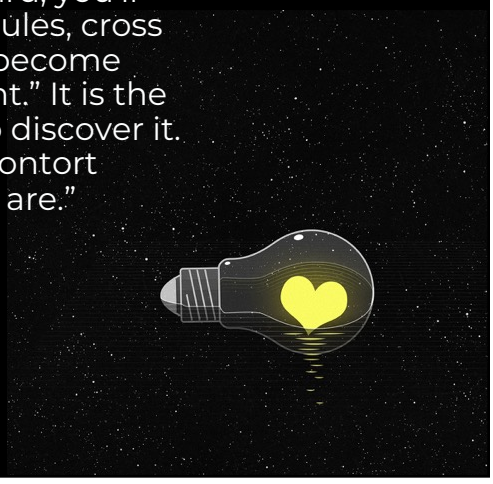
"Jesus says, "You are the light of the world." I like even more what Jesus doesn't say. He does not say, "One day, if you are more perfect and try really hard, you'll be light." He doesn't say "If you play by the rules, cross your T's and dot your I's, then maybe you'll become light." No. He says, straight out, "You are light." It is the truth of who you are, waiting only for you to discover it. So, for God's sake, don't move. No need to contort yourself to be anything other than who you are."

— Gregory Boyle



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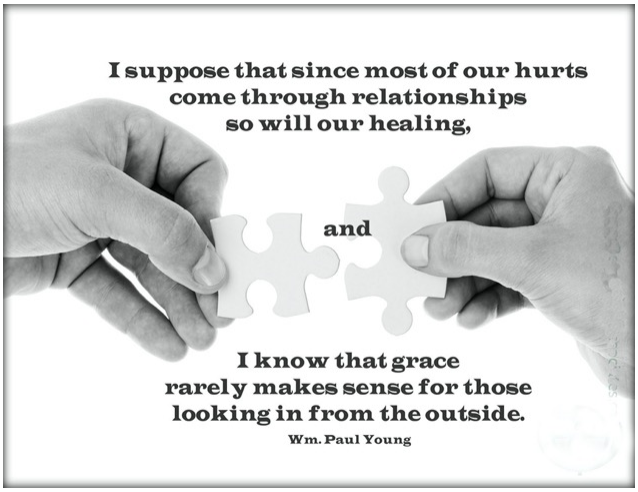
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Wm. Paul Young

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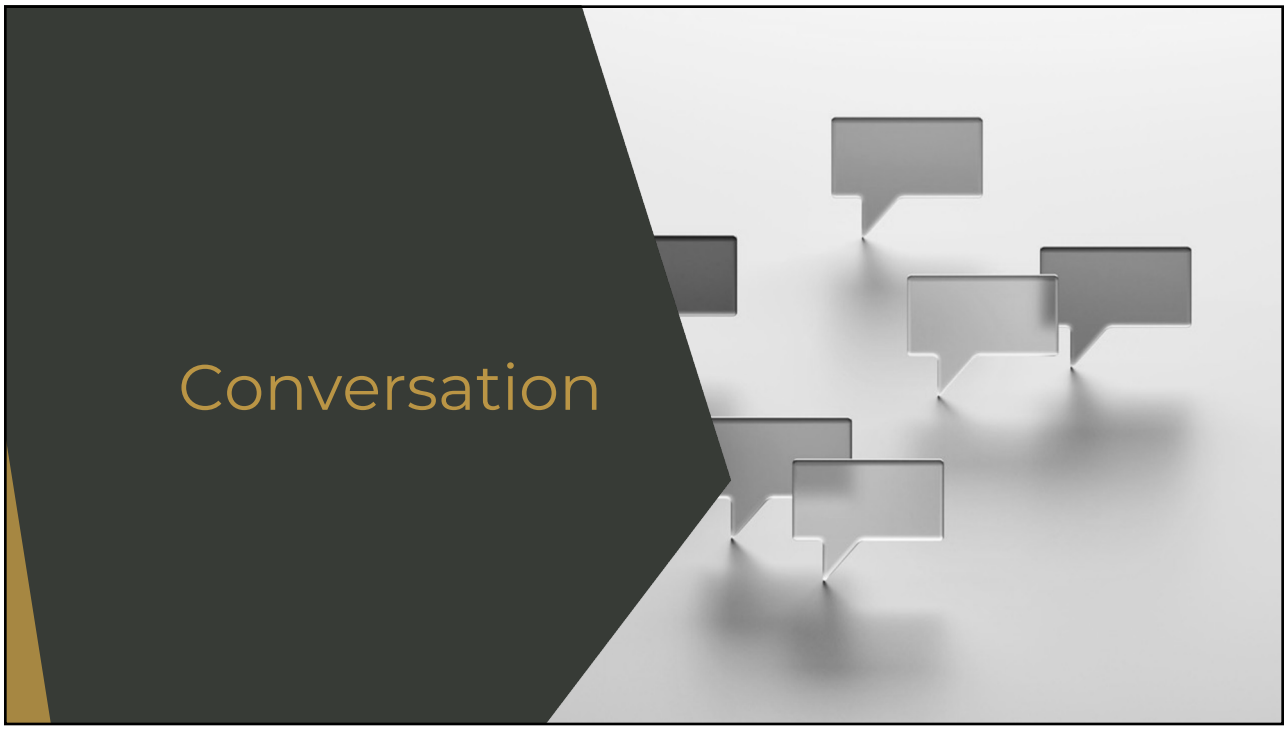
WHEN THE STORY OF EARTH IS TOLD,
ALL THAT WILL BE REMEMBERED IS
THE TRUTH WE EXCHANGED.
THE VULNERABLE MOMENTS.
THE TERRIFYING RISK OF LOVE AND
THE CARE WE TOOK TO CULTIVATE IT.
DONALD MILLER

44


Conversation

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