TRYPHTIN SCOTT CHRISTIAN COUNSELING

AWARENESS, CHOICE, AND CONNECTION

How paying attention to yourself can change a difficult conversation

A practical guide inspired by two short talks from Curt Thompson, MD

When someone you care about says something upsetting, your body may tense before you know what you feel. Your mind may quickly decide what their words mean. Awareness exercises train you to catch that sequence earlier, when you still have room to choose what to say.

01 YOUR BODY MAY NOTICE A REACTION FIRST

A faster, protective response can show up before you have clearly named a feeling. You might notice a tight jaw, a tense back, a racing heart, or an urge to interrupt. Your thinking and reflection still matter; noticing the physical signal helps you bring them into the conversation.

02 A PAUSE MAKES ROOM FOR A DIFFERENT CHOICE

In one story, Thompson describes becoming tense while speaking with his teenage daughter. Once he noticed his posture and jaw, he slowed the exchange, sat down with her, and asked what was upsetting her. The situation did not require an instant answer. A brief change in pace gave them room to talk.

03 KNOW WHAT THE PRACTICE IS FOR

Like an exercise from a physical therapist, each practice has a purpose. You rehearse when things are calm so you are more likely to notice and respond differently when a relationship feels tense.

BODY SCAN	Catch tension early, before you automatically defend, correct, or withdraw.
NAME THE FEELING	Separate “I feel hurt” from “They meant to hurt me.”
PAUSE AND ASK	Check your assumption and make room for their side of the story.

THE RELATIONAL PAYOFF

You can stay engaged, express yourself more clearly, and listen before deciding what they mean.

TRY THIS WITH ONE RECENT CONVERSATION

What happened in my body? _____

What feeling or concern might have been there? _____

What did I assume the other person meant? _____

What could I ask before explaining or correcting? _____

SOURCE VIDEOS AND TRANSCRIPTS

Body Language

A Pathway to Transformation

Original summary and practice prompts;
not a transcript or diagnostic assessment.

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