



Reflect – Honor – Connect

Translating cutting edge relational neuroscience into everyday activities that anyone can use to promote healing, resiliency and hope throughout communities across the globe.

Purpose: Since individuals who experience intense stress often have had their experiences denied, an important part of healing becomes *feeling* heard. **Reflect, Honor and Connect** is a way to help them *feel* heard. It also helps their brains be ready to receive what you want them to hear. When we **reflect** their words back to them, it releases dopamine (our feel-good survival chemical that also helps us learn). The dopamine allows them to *feel* heard. Healing continues when we **honor** what the person did to survive or is doing now to have their needs met. The person who has experienced intense stress has often lost a sense of connection and a sense of the future. We begin to restore what's been lost when we **connect** the person with a sense of felt safety, positive adults, and a sense of the future, so they no longer feel alone with the problem or big feeling.

REFLECT – HONOR – CONNECT

1. **Reflect** back with compassion what you heard the person say or feel.
2. **Honor** their courage for surviving and sharing their words/feelings.
3. **Connect** to safety, positive adults, and/or a positive future orientation.

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Sample Script

1. **Reflect:** “It looks like you’re having a big feeling.”
2. **Honor:** “Thanks for sharing that with me.” Or “Thanks for letting me know how important this is to you.”
3. **Connect:** “Let’s see how we can work together to find a safe way to figure this out.”