

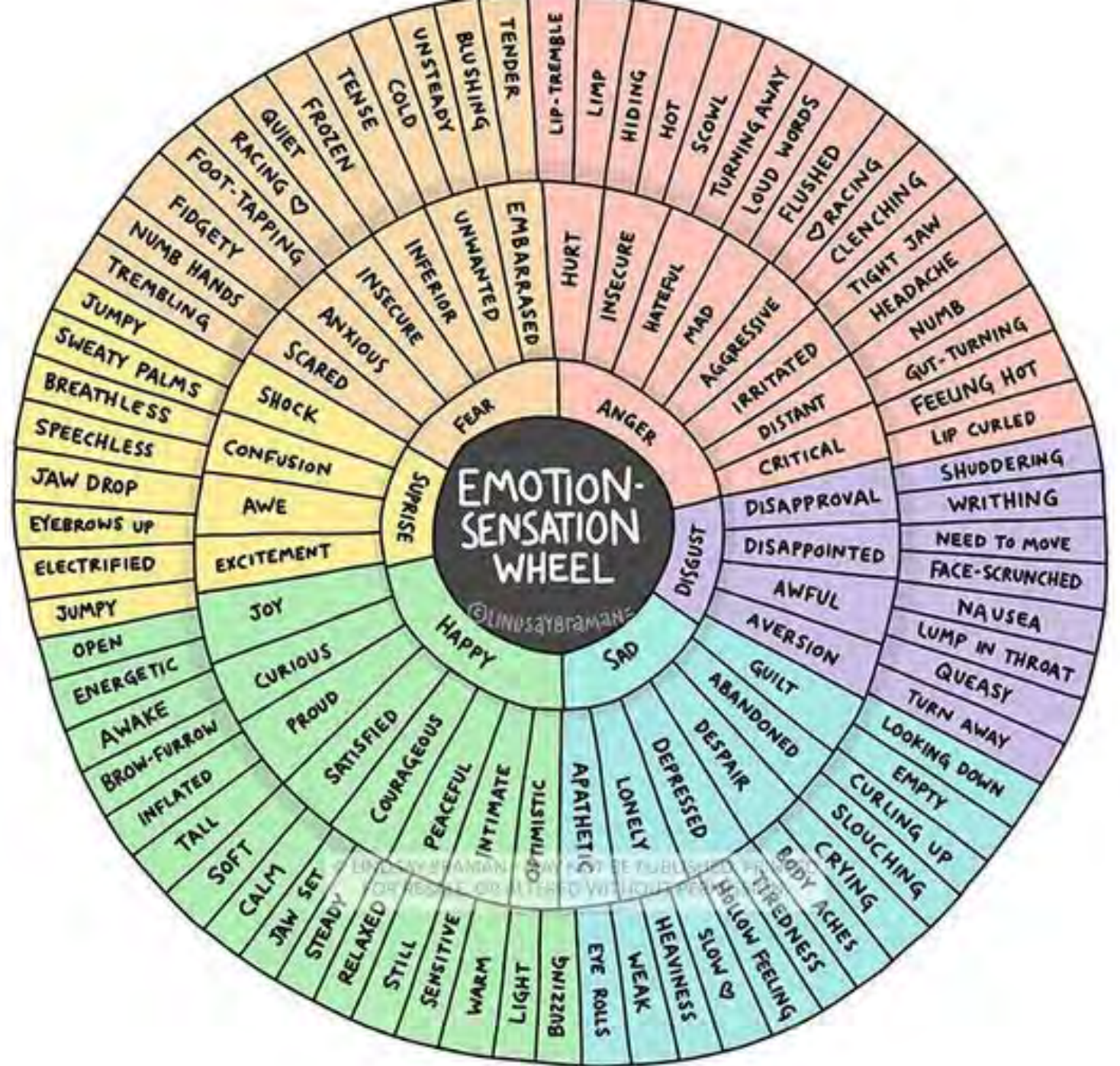
Welcome to

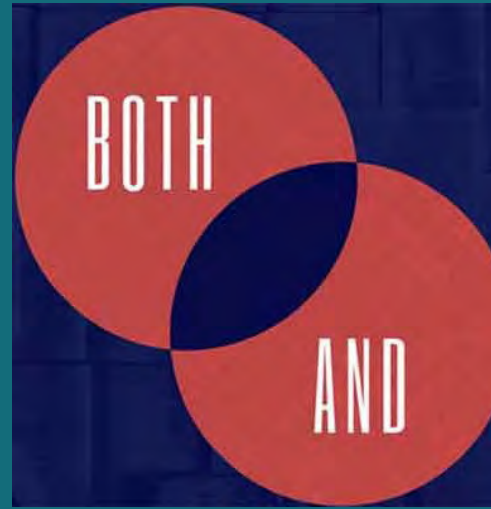
Connection Care: Both/And

PRESENTED BY EBB & FLOW
CONNECTIONS COOPERATIVE

Karen Iverson Riggers &
Lynn McLaughlin

What emotions are you currently holding?





What is “both/and”?

We are conditioned to think in binary terms, or the framework of either/or. For example:

good or bad

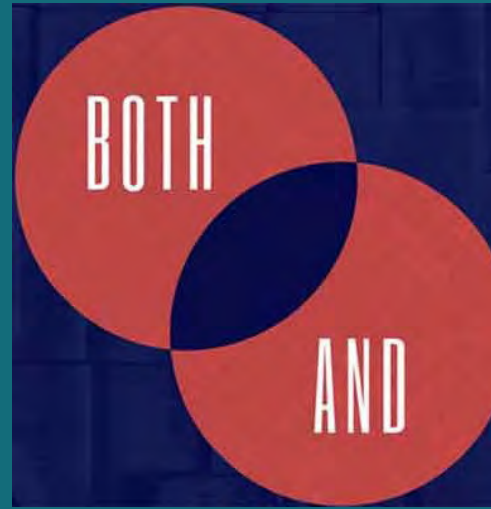
winner or loser

male or female

right or wrong

black or white

rich or poor



What is “both/and”?

The framework of “both/and” allows us to open our minds to broader possibilities and allows for the complexity of life.

Duality

YIN YANG

Represents the interconnectedness of the natural world – no light without dark.



MAYAN DUALITY

Ōmeteōtl – two gods in one – the creators..

JANUS

God of beginnings and endings (January)





Either/Or

SIMPLIFIES LIFE, PEOPLE AND
EVENTS AND OFTEN DIVIDES
(US/THEM). DOESN'T LEAVE
ROOM FOR PARADOX.



Comparison

EITHER/OR THINKING
OFTEN INCLUDES
COMPARISON AND USING
JUDGMENT



Both/And Emotions.

WE CAN HOLD MULTIPLE
(SEEMINGLY CONTRADICTIONARY)
EMOTIONS AT THE SAME TIME.

EXPERIENCES CREATE A VARIETY
OF EMOTIONS – ALLOW SPACE FOR
IT ALL.

Uncertainty



DIS/COMFORT

Finding comfort in the discomfort.

BOTH/AND

Multiple things can be true at the same time.

SEEKING CERTAINTY

Our brains are wired to put things into "boxes."

Actually you can!

What if we ate half of the cake and saved the rest?

What if we bake another cake?

What if we share our cake with someone else?

What if, in fact, we do not want cake at all?



Both/and creates space for ...

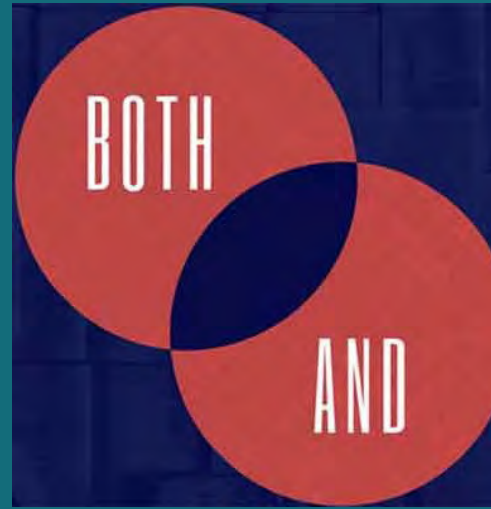
Open, non-judgmental
connection

Ambiguity

Choices

Creativity

Individual Experiences



Start by Changing the Question

We often think in "Should I do this or that?"

What if we asked...

- How could I?
- What might it look like...?



Comparative Suffering

THERE IS ROOM FOR EVERYONE'S
EXPERIENCES.

WE CAN BOTH FEEL, THERE IS
ROOM FOR BOTH OF OUR PAIN.

TWO EXPERIENCES CAN
CO-EXIST WITHOUT
MINIMIZING THE OTHER.



“Both/and” & Self-Compassion

- Hard work *and* rest.
- Self-discipline *and* self-compassion.
- Solitude *and* community.
- Mind *and* body.
- You are enough right now *and* you can get better.
- Happiness *and* sadness.
- Strength *and* flexibility.

Journal/Thought Prompt

- How can I apply the concept of both/and to a situation where I currently feel stuck?
- How can I apply the concept of both/and to my relationships and release my binary thinking around another's choices?
- How can I apply the concept of both/and to the people I support?