

Signal Boost

Wellness Lifestyle – Daniel J. Siegel, M.D.

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Talking Points

- ❖ Are teens spending more time connecting on screens than face-to-face?
- ❖ The brain has two sides:
 - Right: social and more emotionally dominant side
 - Left: literal, logical and the more objective side
- ❖ It's the right side that picks up the subtle emotional states (feelings, meanings and intentions). This side may not be as engaged when interacting through digital screens as it is face-to-face. How can this impair communication and connection with others?
- ❖ The left side of the brain is more than capable of interacting with people, but it does so on a surface level. So when we are using our left-brains to communicate through computers and texting we are doing so at a surface level.
- ❖ What about sending pictures and videos? They are not usually interactive but a stream of information. It isn't generally real time and often delayed.
- ❖ Eye contact, facial expressions, tone of voice, gestures and touch are all important aspects of communication that are being missed when we communicate through text and email.
- ❖ "Some scientists have suggested that our deepest sense of identity, our emotional and social self, is created within the synaptic connections of our right hemispheres." (68) How does communication with left-brain dominant technology affect how we know others and ourselves?
- ❖ Are we missing out on some level of connection? It feels like a quality, heartfelt conversation can leave someone satiated for quite some time where as texting seems to leave one with a sense of emptiness. We have such urgency to pick up the phone to see the message that we'll do so even while flying down the highway putting other's lives at risk along with our own.
- ❖ The non-verbal communication most directly reveals feelings. Acknowledging these signals deepens our level of connection:
 1. 1. Eye contact

2. Facial expressions
 3. Tone of voice
 4. Posture
 5. Gestures and appropriate touch
 6. Timing of response
 7. Intensity of response
- ❖ Siegel says, “When these seven nonverbal messages are sent and received from the important social and emotional centers of the brain, primarily on the right side, they give us a feeling of being seen and of being secure.” (69) Do you agree?

Resources

Full references for each article are available at <http://pathwaystofamilywellness.org/references.html>

For more information from Dr. Daniel Siegel visit www.drdansiegel.com