

Relationship Science and Being Human

Community – Daniel J. Siegel, M.D.
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Talking Points

- ❖ As a physician and faculty at the UCLA Center for Culture, Brain, and Development, Dr. Siegel shows us the social connections that make us human. He examines the fundamental and physical ways that our social connections and communication shape us.
- ❖ “We mammals share attachment, the need for a close relationship between parent and offspring to connect and protect, to soothe and attune. The magic of attachment is that our children internalize our patterns of communication with them, shaping the very structure of their developing brains as they move from the safe haven of our love to set out into the world.” (31)
- ❖ “...our experiences shape our neural architecture—and our social relationships are one of the most important forms of experience that literally form who we are.” (31)
- ❖ “With such a centrality of relationships in forming our evolutionary history and in forming our very identity—individually and as a species—it might not surprise you to hear (or be reminded) that of all the factors in human life that predict the best positive outcomes, *supportive relationships* are number one.” (32)
- ❖ “The more we connect with others and embrace the reality of our Interconnected nature, the more we’ll live with meaning, compassion, equanimity and purpose.” (32)

Resources

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

Dr. Seigel refers to work being done by Barbara Frederickson. Check out her new research publications at <http://www.positivityresonance.com/>

Learn more about the work Dr. Siegel is doing with the Mindfulness Awareness Research Center at UCLA
- <http://www.mindful.org/our-partners/mindfulness-awareness-research-center>

A fascinating look at a life-long study on well-being: <http://tinyurl.com/me8oy85>