

Turn Away and Come Back: Instructions

For practicing connecting and disconnecting with another, playfully practicing trust.

Sit or stand comfortably, facing your partner. Decide who will lead first.

Sit as close to your camera as is comfortable for both you and your partner. Check in about it.

Leader - Eyes open and close at will. Turn your head and torso to look behind you, away from your partner. When you are ready, turn back to your partner and make eye contact for a few seconds. Repeat, turning away (left then right). Find your own slow rhythm.

Notice your nervous system as you practice.

Keep silence or share what you notice in the moment.

Mirror - Eyes open. Mirror the pacing of the leader. Keep an eye on them at all times so you can be available when they turn back. When they make eye contact, offer a smile.

Timing: First leader: 1-2 minutes. Both TALK: 1-2 min - share about your experience. Switch roles, and repeat.

Suggestions:

Mirror - May say "I'll be right here when you get back," "There you are," "I see you."

Leader - Try turning away and back quickly, all of a sudden, and also slowly. How does it feel at different speeds?

People like: "Knowing my partner will be there for me." "Choosing when I connect." "Feeling more connected with my co-regulation partner."

Challenges: It can bring up abandonment or discomfort about eye contact and being seen.