



Love: The Neuroscience of Connecting Workbook



**A Guide to Deepening
Relationships & Rewiring
for Authentic Connection**

Love: The Neuroscience of Connection

Welcome!

At LiveWright, our mission is to help you live more fully—connected to yourself, to others, and to the greater world around you.

That’s why we’ve created this workshop: to help you not only understand the science of connection, but also experience it—moment by moment, in your thoughts, your emotions, and your relationships. This workbook is intended as a companion to the workshop experience.

Together in this workshop, we’ll explore how your brain is wired for relationship and how you can reshape old patterns to create the closeness, safety, and vitality you long for.

As you step into this experience, we invite you to:

- **Awaken to Connection**

Recognize your deep, innate need to connect—to be seen, heard, and valued—and how meeting these yearnings fuels resilience, health, and vitality.

- **Rewire for Authentic Relationship**

Use the tools of neuroscience to reshape old beliefs and patterns, opening space for more satisfying, secure, and life-giving relationships.

- **Expand Your Circle of Care**

As you learn to connect more deeply with yourself and others, you’ll also grow your capacity to love, influence, and contribute meaningfully to the world.

Our Three Hopes for You

1. That you feel more deeply connected—to yourself, to those you love, and to your purpose.
2. That you begin to apply the neuroscience of connection to help you truly thrive.
3. That you leave inspired to engage with love, curiosity, and courage in every connection.

Inspiration for the Journey:

“Our relationships literally shape our brains. Each moment of genuine connection strengthens the neural pathways that allow us to love, trust, and grow.” – Dr. Judith Wright

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Why You Are Here—Your Personal Why

This workshop is about *you*—your connections, your patterns, your relationships.

The science of connection is powerful, but it only matters if you apply it to your own life.

Take a few moments to reflect.

The clearer you are about what brought you here, the more your brain can begin to rewire toward the closeness, trust, and love you long for.

I signed up to this workshop because...

(What drew you here? Curiosity? A desire for deeper relationships? To break out of old patterns?)

What I most want to get out of this webinar is...

(Select all that apply.)

Fulfilling Relationships

More Authentic Relationships

More Intimacy & Closeness

Understanding of Why I Relate the Way I Do

To Decode/Reframe How I View Relationships

To See More Potential/Possibilities for Connection

To Better Connect with Those Around Me

If this workshop gave me just one insight, it would be...

(What would make this time truly worthwhile?)



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Bad vs. Good Relationships

**What makes a bad
relationship?**

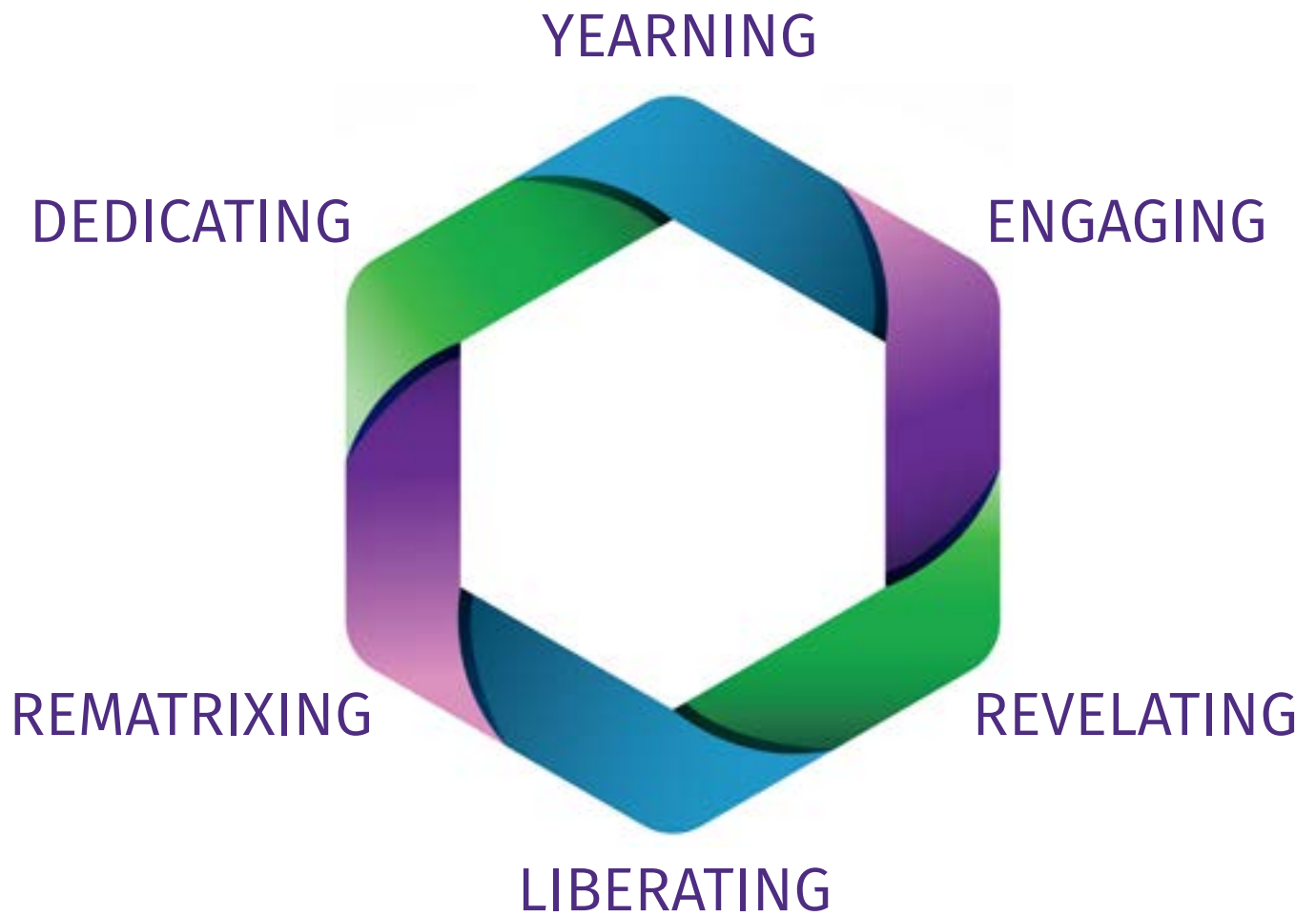
**What makes a good
relationship?**

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Evolating Model

The Great Relationship Process





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Mistaken Beliefs: My Matrix In Action

1. Beliefs about myself

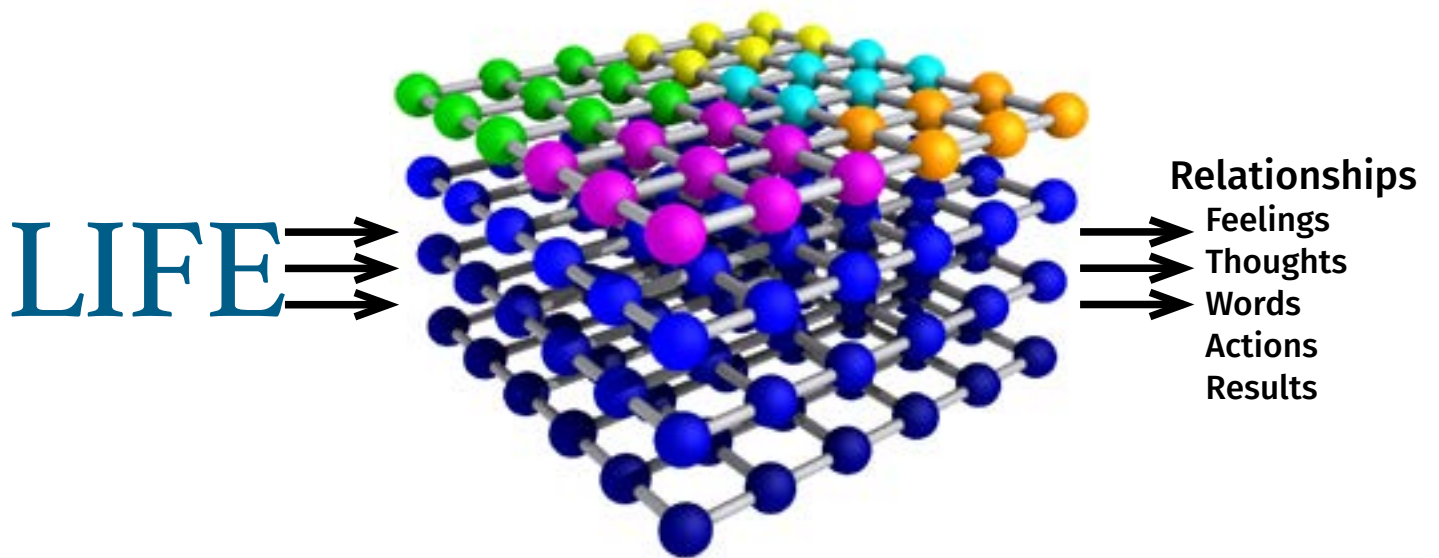
2. Beliefs about the world

3. Beliefs about what I can expect from the world

4. Beliefs about what the world expects from me

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My Matrix In Action



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Wright Model of Human Growth and Development

The Wright Model of Human Development includes seven levels of development, moving from unconsciousness to consciousness.

Levels of Development and Transformational Principles



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Attachment Theory

John Bowlby

Notes:

Main Points:

4 Aspects of Attachment Theory:

1.

2.

3.

4.

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Ideal Attachment*

Accurately Perceived

In the Here and Now

With Positive Regard

Consistently

Unconditionally

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Attachment Schemas

Rate each of the following statements according to how well they describe your attachment pattern.

1—Does not accurately describe me

2—Describes me somewhat

3—Accurately describes me

1 2 3

“I’m alone and on my own.”

1 2 3

I need others and can’t depend on them.”

1 2 3

“At times I fall apart. I can’t depend on myself.”



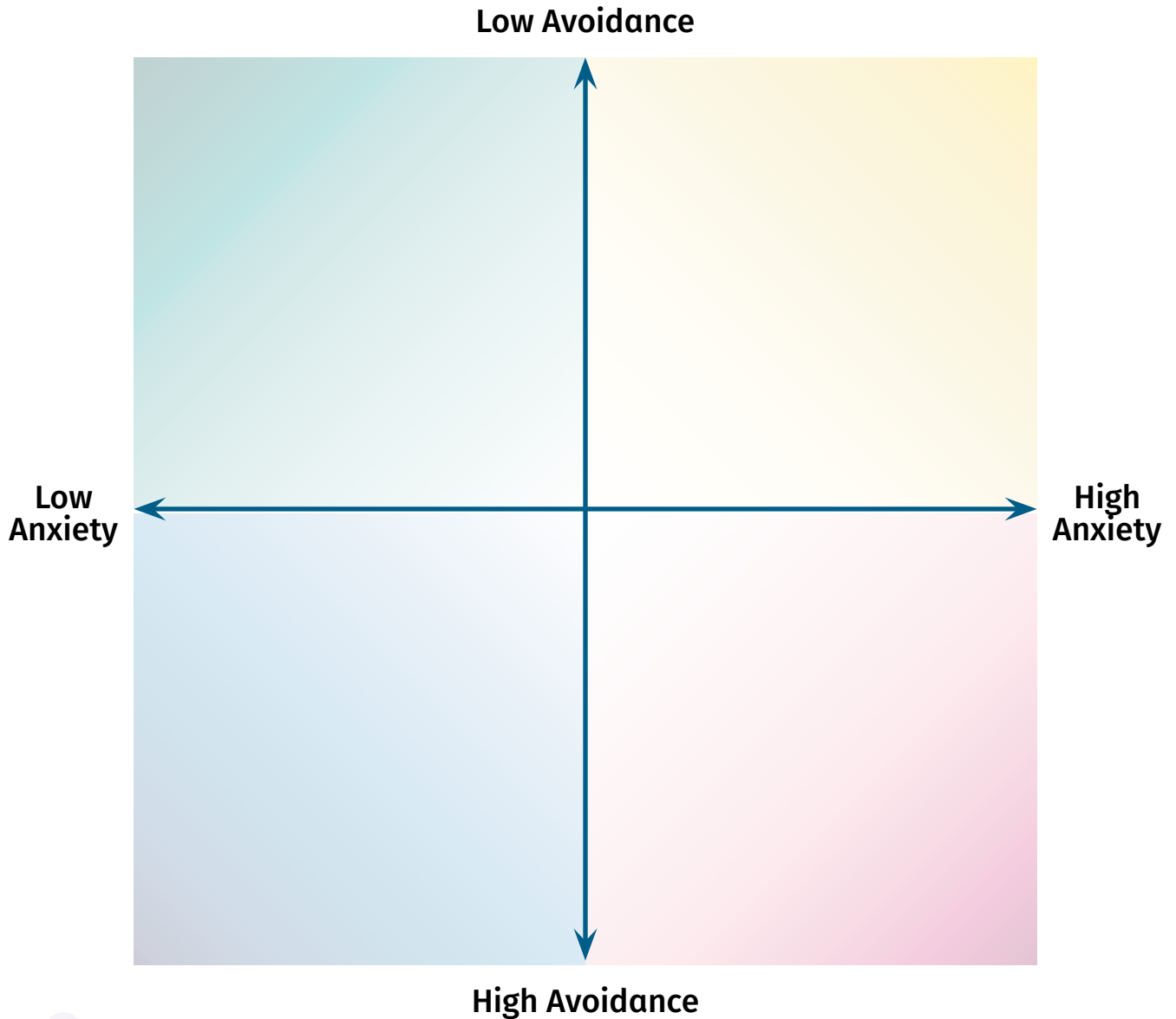
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Attachment Schemas

Earned Secure Attachment:

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Adult Attachment Styles



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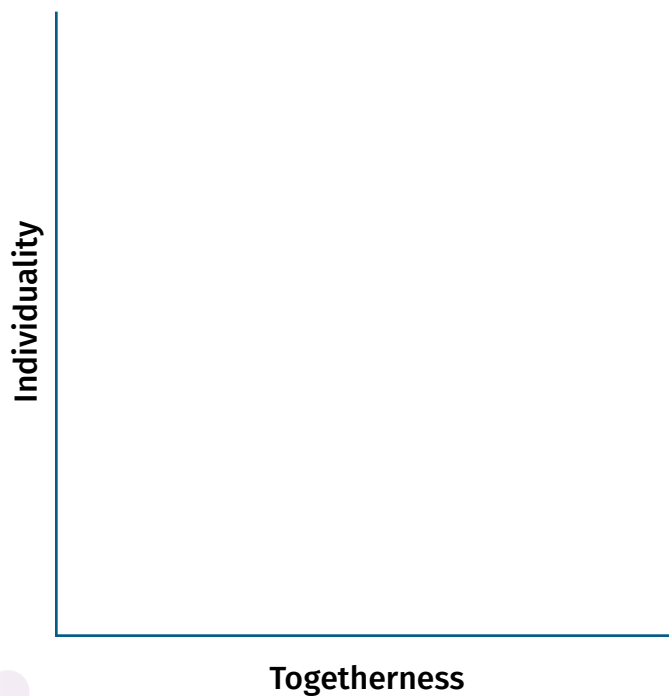
Murray Bowen's Systems Theory

Becoming a strong differentiated individual is a critical task in Bowen's Family Systems Theory. Differentiation is a task of the individual as she navigates the drives to merge and be separate. Successfully managed, the individual is capable of intimate togetherness without merging to the point of enmeshment. This is emotional maturity.

Differentiation isn't a concept to master—it's a lived discipline.

In Bowen's Family Systems Theory, becoming a differentiated individual is one of life's central developmental challenges. It's the art of balancing two primal human drives: the yearning to belong and the yearning to be free.

In short, emotional maturity is differentiation in motion. It's the self, fully awake, capable of love and responsibility at once.



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Interpersonal Neurobiology

THE NEUROBIOLOGY OF DIFFERENTIATION: A LIVEWRIGHT INTEGRATION

Let's locate this in our system.

Differentiation isn't simply a psychological construct—it's a *neurological practice of consciousness*.

At LiveWright, we understand that the nervous system is not a fixed machine but an *evolving field of relational intelligence*.

Every moment of connection or reactivity is sculpting the neural architecture of the self. Through the lense of **Interpersonal Neurobiology**, the differentiated self is not an idea—it's an *embodied process of regulation, resonance, and response*.

Wright Level	Primary Emotional Task	Neural Function	Relational Outcome
Level 1 Scarcity ↔ Trust	Regulate fear	Amygdala regulation through safe attachment	Grounded presence
Level 2 Hunger ↔ Affirmation	Integrate hurt	Limbic resonance and empathy circuits	Vulnerable connection
Level 3 Reactivity ↔ Assertion	Channel anger	Prefrontal modulation and motor activation	Responsible action
Level 4 Conformity ↔ Expression	Embody truth	Left-right hemisphere integration	Authentic communication
Level 5 Striving ↔ Purpose	Align intention	Frontal lobe coherence	Vision-directed living
Level 6-7 Authority ↔ Consciousness	Sustain regulation under complexity	Global network synchronization	Conscious selfhood



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The Magic of the Neuroscience of Connection

Interpersonal Neurobiology

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Universal Yearnings

I yearn...

To be secure

- To exist
- To be safe, to be secure
- To connect, to bond
- To trust

To love & care for, respond to others

- To care for
- To nurture
- To love

To relate, see and be seen, know and be known, and to connect

- To be seen, heard, known, understood
- To see, hear, & know others
- To touch and be touched
- To feel “felt”
- To empathize

To have our existence appreciated

- To love and be loved
- To be affirmed, appreciated
- To be cared for
- To be respected

To express our essence, sense of self, potential

- To express
- To experience fully
- To learn, grow, develop
- To create
- To be separate, have an identity
- To influence
- To excel
- To fulfill my potential

To have a sense of mattering

- To matter
- To be valued and to value
- To contribute
- To do what I came here on earth to do
- To make a difference
- To please God
- To fulfill my purpose
- To unfold my destiny

To exchange and be connected with others

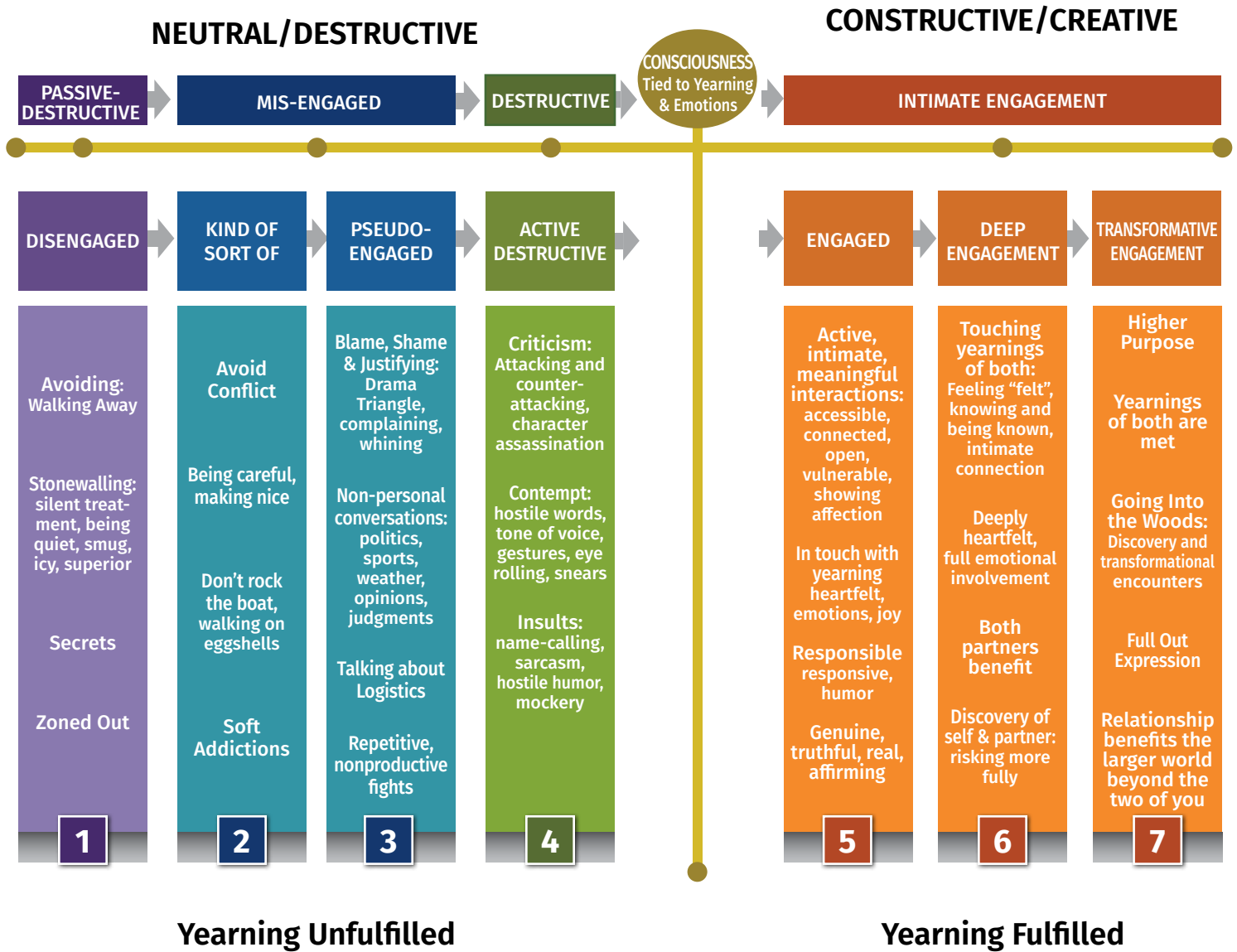
- To belong
- To connect
- To matter
- To be close
- To communicate with others
- To commune with others
- To make deep contact with another
- To be intimate

To connect to something greater

- To be connected to something greater than myself
- To feel connected to the greater whole
- To be one with all
- To know God or the creator
- For union with all that is

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Relationship Engagement Continuum



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Key Concepts

Attunement

Attachment

Earned Secure Attachment

Differentiation and Emotional Maturity

Yearning

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Purpose of Relationships

What is the purpose of relationships?

To challenge and awaken myself and others?

To support and nurture

To grow, transform, and realize my potential

To become aware of unconscious beliefs and open new possibilities for relating

To increase my emotional intelligence and maturity

Express myself and meet my yearnings

To risk boldly to connect deeply

What other thoughts do you have about the purpose of relationships?

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Action Plan

What will you do differently now?

(Choose at least two actions from the list below and provide context as to how you will see yourself implementing purpose into your life.)

Action Idea 1: Be aware of my attachment patterns and how they impact my relationships.

Action Idea 2: Be aware of my yearnings and engage to fulfill them.

Action Idea 3: Learn to become more comfortable with being close to others.

Action Idea 4: Work to become more secure in my relationships.

Action Idea 5: Increasingly be more of my true self in relationships.

Action Idea 6: Remember the purpose of relationships in my interactions.

Action Idea 7: Look to meet my hardwired yearnings in my interactions to be more nourished.

Action Idea 8: Learn to repair the ruptures in my relationships.

Action Idea 9: Learn and apply the skills of Robust Relationships.

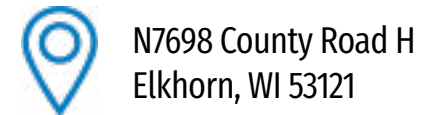
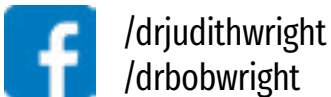
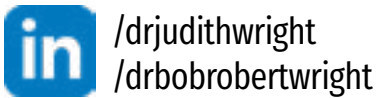


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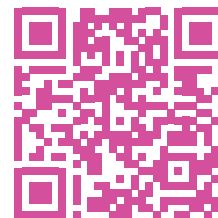
Notes

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