



ElevatED:

Ascend and Transform Your World

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Feel It: Communicating with Clarity When the Pressure Is High

Sonja L. Howell, PhD





Causes?

- ***Difficult Communication Moments***

Think about a recent moment when communication felt difficult.

- ***Examples***

- *A meeting where tension increased.*
- *A conversation that became emotional.*
- *A moment when something unexpected happened.*

- ***Personal Observation***

What did you notice happening in your body or thoughts during that moment?

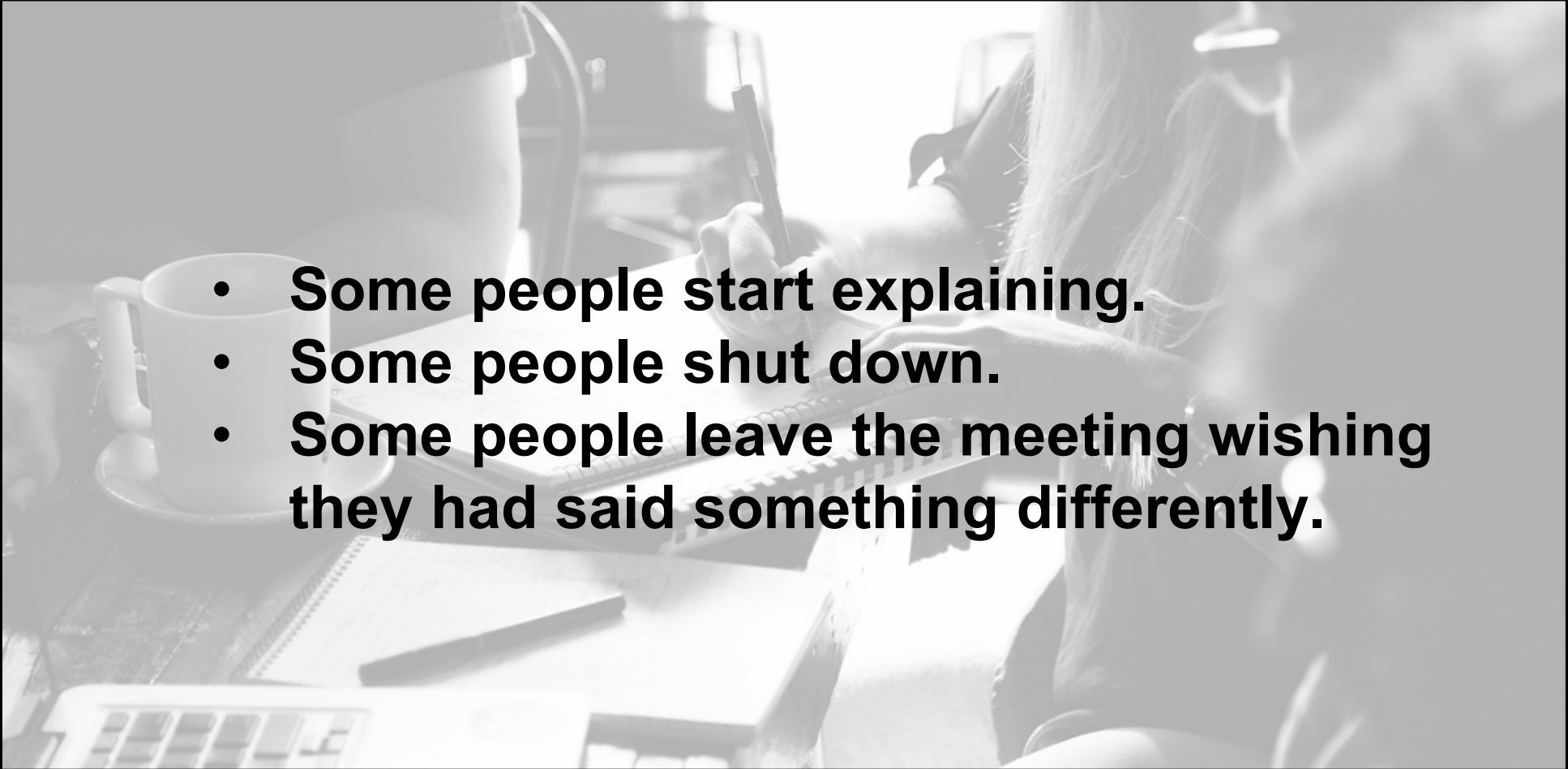










- 
- **Some people start explaining.**
 - **Some people shut down.**
 - **Some people leave the meeting wishing they had said something differently.**



**Why did the
communication collapse?**

**Why did you
lose your voice?**

Responses?

The Lull

The framework I share today identifies something I call the lull.

The lull is a moment of disconnection.

It can look like:

- *silence*
- *over explaining*
- *defensiveness*
- *withdrawal*
- *emotional suppression*

The lull interrupts clear communication.



The lull.



**The lull is the moment we
disconnect from ourselves.**

The Lull

The moment of disconnection
between pressure and response



**What are
feelings?**



Feelings are

Intuition

Information

Awareness

Internal signals

Pattern recognition

Feelings are the body's
signal system.



Under pressure, people lose access to

Intuition

Information

Awareness

Internal signals

Pattern recognition



Feelings are often treated like **problems to manage** or **reactions to control**. But feelings are actually **information**. They are **signals** from the body and mind that something is happening in the moment.



When we ignore those signals, **communication becomes reactive.**

When we notice them, **communication becomes intentional.**



The Feel It
framework begins
by recognizing
that signal.



Systems

Humans already have internal systems that help us stay clear under pressure.

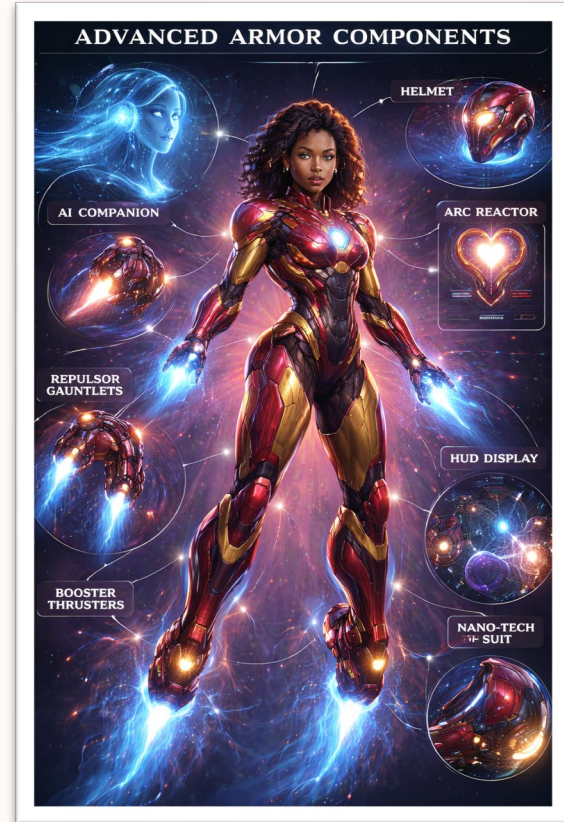
Engineers build external systems to do the same thing.





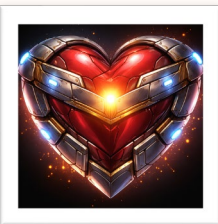
Ironheart and the External Systems That Support Her

- Riri Williams was an engineer. She was not born a superhero. She built her strength through community, ingenuity, resilience, and determination.
- Her AI companion **N.A.T.A.L.I.E.** helps her analyze situations, manage systems, and stay steady under pressure.



Attributes

- ingenuity • resilience
- curiosity • courage
- empathy • leadership
- emotional intelligence
 - determination
 - innovation



The Feel It Framework

A four-step process for staying present during difficult conversations.



Your Internal Support System

The framework gives people a way to slow the moment and regain clarity.

Step 1: Recognize the Trigger

Recognition creates space.

Triggers often appear as:



tension in the body



the urge to defend



racing thoughts



the urge to withdraw

Recognition allows the conversation to pause long enough for awareness.

Step 2: Rewire



Pressure activates the nervous system.

Rewiring helps the body settle so communication can remain steady.



Examples:

breathing slowly, pausing before responding, grounding attention in the present moment

This step protects clarity.

The Lull

The moment of disconnection
between pressure and response



Pause



Breathe

Step 3: Release

Emotion often appears during difficult conversations.

Release allows the emotion to move without directing it at another person.

This may include:



This step prevents escalation.

Return brings communication back into focus.

Step 4: Return

This step supports:

- clear language
- calm tone
- intentional responses

Returning to center allows people to finish conversations with confidence.

Communication and Leadership

- **Leadership requires communication during moments of pressure.**
The ability to stay present supports communications in both professional and personal environments.
- **Stronger conversations**
- **Clearer boundaries**
- **Thoughtful responses**

This framework supports communication in both professional and personal environments.



Feel It

**Stay present
Speak clearly**

Return to yourself.

Key Takeaways



Communication changes when pressure rises.

Maintaining composure is crucial for effective communication under stress.



Recognition creates awareness.

Acknowledging situations or feelings brings them into conscious understanding.



Grounding restores steadiness.

Techniques to reconnect with the present moment help regain a sense of stability.



Clear communication becomes possible when people remain present.

Being present allows for focused and coherent dialogue.

Framework reminder: Recognize Rewire Release Return



Resources

Download the Feel It book for continued practice.

QR Code