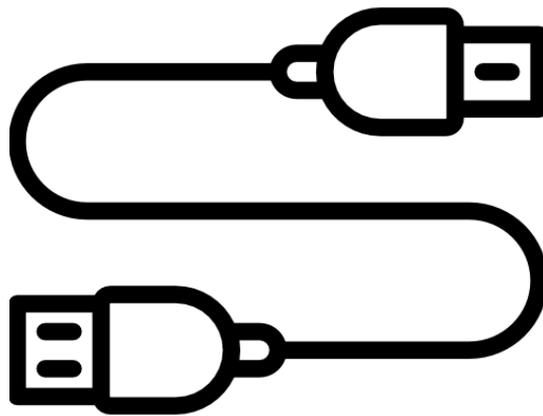


# THE *intensity* CONNECTION

*change your relationship with your intensity, and you can revolutionize your relationships with others*



BROUGHT TO YOU BY:

carpe your chaos



# well, hello there!

My name is AnaMaria B Call and as a gifted adult,

## **I GET IT...**

Conversations are scary. You don't always know what to expect from yourself or others. You're constantly afraid you'll scare people off. And you wish you didn't always have to 'tone it down' in order for others to give you a chance.

## **I ALSO KNOW...**

...how conversations work. I've spent more than 10 years researching, studying, and teaching people to alter their communication behaviors, change how they express themselves to others, and to negotiate judgements and relationships in conversation.

*(whaaa? you can do that?... yep, you most certainly can!)*

In fact, I even used all this fancy-pants knowledge to tinker with the most intense and feisty gifted person I know... me! It wasn't always pretty (or easy), but after years of occasionally awkward failures and ever-increasing spectacular success...

I feel strong entering conversations and meeting new people  
I'm so much more relaxed, even when my intensities pop-up, and  
I can happily make the most of those wonderful occasions when I meet someone I really connect with

## **AND BEST OF ALL...**

All it takes is a few illuminating, practical insights; some research-based conversational ninja moves; some hands-on work defining your wonderful, personal brand of intensity; and the gumption and sense of humor to practice and practice until that practice makes perfect- whatever that might mean and look like for you.

I don't believe in formulas, do's and dont's, and I absolutely shudder at the thought of conformity. So don't work with me because I'll tell you what to do. I won't.

Work with me because I can teach you to navigate the tricky relationship between intensity and communication in ways that help you connect, shine, and make everyone feel good in the process.

Think of a time  
when you  
experienced your  
**intensity** in a  
conversation or  
social event.

#1: What does your intensity **feel** like?

tidal wave

lightning bolt

nagging itch

repelling force

burning fire

#2: What **purpose** is your intensity serving in this moment?

release

self-preservation

seeking stimulation

protection

#3: What one thing can you **do** for yourself and the other person/people?

bathroom break

refocus

acknowledge  
discomfort

add safeguards

# Now **repeat**

EVERY time you do this, you get to know your intensities better. You start losing the fear or stress they cause, and instead, start seeing the need ***they're actually trying to help you*** with. And you even get to take extra care of yourself and others in the process!

You're no longer a victim of your intensity, but a conscious, peaceful facilitator.

And when you've mastered this new relationship (you know, the one with that fiery tidal wave of itchy, repelling, enthusiastic force!), you can start to learn the more complex and even more powerful art of communication.

For more on that, visit [intergifted.com](http://intergifted.com) for information on *Intensity in Conversation*- a new 5-week webinar course (more like a small-group coaching family!) that will truly transform your intensity-infused relationships.

For more **info**...

InterGifted

*A network hub of connection and support for gifted people*

<http://intergifted.com/>

carpe your chaos

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