

RISE & REBUILD

A field guide to regulation, attachment, vulnerability and relational repair

PURE DESIRE SUMMIT 2026 / GRACE CHURCH WATCH PARTY / OCTOBER 17, 2026

THE CORE IDEA

Healing is not only learning why a pattern exists. It is practicing new responses, building safe connection, and allowing repeated experiences to reshape what comes next.

Prepared from attendee photographs and handwritten notes. This is an independent synthesis, not an official Pure Desire publication or a verbatim transcript. Interpretive applications are labeled as such.

WHAT IS INCLUDED

- Four documented sessions and their practical implications.
- A five-part integration model: Recognize, Regulate, Repair, Reconnect, Rebuild.
- Reflection exercises, a repair conversation guide, and a seven-day practice plan.
- An expansion map for Session 5, the panel Q&A, and the forthcoming video replays.

VERSION STATUS: Draft 0.1 - prepared before access to the video recordings. Some handwritten phrases remain uncertain.

The summit at a glance

The October 17 watch party included five talks and a panel. The current evidence includes printed material and handwritten notes for Sessions 1-4; the remaining segments will be incorporated after review.

SESSION	PRESENTER	PRIMARY EMPHASIS
1. Reframe Your Triggers	Ashley Jameson	Recognizing alarm signals
2. Rupture and Repair	Dr. Curt Thompson	Earned secure attachment
3. Healing the Nervous System	Heather Kolb	Repeated experiences of safety
4. Empowered Vulnerability	Michelle Mays	Openness with discernment
5. Staying Engaged	Nick Stumbo	Awaiting notes / replay
Q&A; Panel	Panelists	Awaiting replay

Our integration model (original synthesis)

RECOGNIZE - Notice triggers and body signals without automatically obeying them.

REGULATE - Make room for thoughtful responses instead of reacting from alarm.

REPAIR - Name harm, take responsibility, and pursue appropriate restoration.

RECONNECT - Practice vulnerability with boundaries and mutual respect.

REBUILD - Repeat trustworthy actions over time; do not demand instant trust.

IMPORTANT DISTINCTION

A calm nervous system does not prove a situation is safe. Likewise, an activated nervous system does not prove someone is dangerous. Pair body awareness with facts, behavior, and boundaries.

01 / Reframe your triggers

Ashley Jameson | Source: attendee handout, pages 4-9

The presentation frames triggers as information that can guide wise action. Stress responses may arise before we can fully explain them. Recovery can involve both bodily regulation and careful discernment.

Practical sequence

- Notice: What is happening in my body right now?
- Pause: Can I slow the reaction and create some room?
- Get curious: What activated me? What are the observable facts?
- Care well: What do my body, mind and soul need?
- Move forward: What response fits my values and the actual situation?

Window of tolerance

When overwhelmed, a person may become highly activated (agitation, urgency, anger) or shut down (numbness, withdrawal). Returning toward a workable level of activation can make difficult conversations more productive.

REFLECTION

Think of a recent trigger. Separate the event, your body sensations, the story you told yourself, and the action you chose. What other response could have protected both truth and dignity?

Scripture connection

1 Kings 19:3-9: Elijah receives rest, food and care amid distress. This offers a spiritual reflection on tending to basic needs before taking the next step; it is not a clinical treatment protocol.

02 / Rupture and repair

Dr. Curt Thompson | Source: attendee notes, pages 10-11; compared conceptually with the Being Known podcast, Season 11

The notes emphasize being seen, soothed, safe and secure. Repeated relational experiences can help build attachment security, and effective repair may strengthen a relationship after disconnection.

What repair asks of us

- Notice a rupture instead of hiding or minimizing it.
- Regulate enough to stay present and curious.
- Name the specific harm without excuses or counterattacks.
- Listen to the impact, not only the intent.
- Make concrete changes, respect boundaries, and allow trust to develop at its own pace.

Attachment language from the notes

Seen: my experience is noticed. Soothed: distress is met with appropriate care. Safe: threats and coercion are absent. Secure: reliability is experienced repeatedly, not merely promised.

A REPAIR IS NOT A DEMAND

Forgiveness does not automatically require reconciliation, access, intimacy, or renewed trust. A person harmed by betrayal may need distance and independent support. Accountability is demonstrated over time.

Scripture connection

Genesis 1:26-27: Being made in God's image invites reflection on relationality and creative participation in goodness. Genesis 3: hiding and shame provide a biblical lens for exploring disconnection. These are theological applications, not verified keynote quotations.

03 / Healing the nervous system

Heather Kolb | Source: attendee handout, pages 12-17

The session emphasizes that repeated experiences can shape protective responses and that new patterns can be learned through consistent practice. The handout describes fight, flight, freeze and fawn, and offers a practical menu of regulation strategies.

Skills to practice

- Breathing: a gentle physiological sigh or box breathing, if comfortable.
- Grounding: notice five things you see, four you feel, three you hear, two you smell and one you taste.
- Movement: stretching, walking or shaking out tension.
- Rhythms: regular rest, food, daylight and restorative routines.
- Connection: time with people who demonstrate care and respect.

Some practices work differently for different people. Stop a technique if it increases distress; seek qualified support for persistent trauma-related symptoms.

Neuroplasticity in plain language

New habits are not installed by insight alone. Practice and repeated experience can help strengthen alternative pathways. Change may be uneven, and its pace differs from person to person.

REFLECTION

Choose one small, repeatable practice for the next seven days. Record what you tried, how you felt before and afterward, and whether it helped. Progress is information, not a test of worth.

Scripture connection

Philippians 4:6-7: Prayer and the peace of God are presented as spiritual resources. They may complement, but should not replace, appropriate mental-health care.

04 / Empowered vulnerability

Michelle Mays | Source: attendee notes, pages 18-19

The notes distinguish the human need to be known from the risk of exposing oneself in unsafe conditions. Empowered vulnerability combines openness, boundaries, discernment and personal agency.

Three areas of discernment

- Myself: Am I regulated enough to speak and to hear the response?
- Relationship: Has the other person demonstrated safety, honesty and follow-through?
- Moment: Is this a suitable time and place? Do we have enough time and privacy?

Small steps are enough

Begin with modest disclosures to people who have earned trust. State one feeling or need, ask for what would help, and observe how the other person responds. Being open does not mean surrendering your boundaries.

PRACTICE SCRIPT

"I want to share something important. I feel __ when __. What I need right now is __. Are you able to talk about this respectfully, or should we choose another time?"

The intensity / intimacy distinction

A separate resource supplied at the watch party, "Connection is the Correction" by Treina Nash, contrasts cycles of shame and acting out with honesty, openness and relational connection. This is supplemental material, not attributed to Michelle Mays.

A practical repair conversation

Use this only when the conversation is reasonably safe and both people freely choose to participate. For coercion, intimidation, or abuse, prioritize safety and professional guidance over joint repair exercises.

1 / Prepare

Check whether both people can stay present. Agree to pause if the conversation becomes unproductive.

2 / Describe

Identify one specific event or behavior, avoiding global labels and mind-reading.

3 / Own

The person responsible acknowledges choices and impact without demanding reassurance.

4 / Hear

The harmed person may describe the effect, ask questions, set limits or decline the conversation.

5 / Plan

Choose observable changes, appropriate transparency, boundaries and a later check-in.

6 / Repeat

Evaluate actual follow-through over time. Do not treat one conversation as completed repair.

ACCOUNTABILITY WITHOUT SELF-ERASURE

Healthy accountability means owning what is yours, accepting proportionate consequences, and changing behavior. It does not mean accepting insults, coercion, unlimited surveillance or responsibility for another person's choices. Safety and respect matter for everyone, even when responsibilities differ.

Reflection prompts

- What rupture am I avoiding naming?
- What would a specific, non-defensive acknowledgment sound like?
- What boundary protects safety rather than punishes?
- What evidence of change would matter over the next month?

Seven days of practice

DAY 1 - Notice

Write down one trigger and its physical signals.

DAY 2 - Regulate

Practice a gentle grounding or breathing technique.

DAY 3 - Name

Identify one pattern you want to interrupt.

DAY 4 - Connect

Share a modest, truthful feeling with a safe person.

DAY 5 - Repair

Offer an appropriate acknowledgment or make amends where welcome.

DAY 6 - Rebuild

Follow through on one small promise.

DAY 7 - Reflect

Review what helped, what did not, and what needs more support.

For group discussion

- How do we distinguish regulation from avoidance?
- When does a request for transparency support repair, and when does it become controlling?
- What does earned trust look like in actions rather than promises?
- How can Christian community offer accountability without shame or pressure to reconcile?

Replay expansion plan

Pending: Session 5 (Nick Stumbo); full panel Q&A; verification of handwritten quotations; expanded speaker examples; specific citations to replay timestamps; facilitator notes; additional diagrams.

Source notes: Grace Church watch party handout, October 17, 2026, photographed pages 3-19; separate “Connection is the Correction” sheet; attendee handwritten notes. Related public resource: Being Known Podcast S11E1 (January 22, 2025).

This independent educational guide is not clinical advice, a replacement for therapy, or an authorized reproduction of the summit materials.