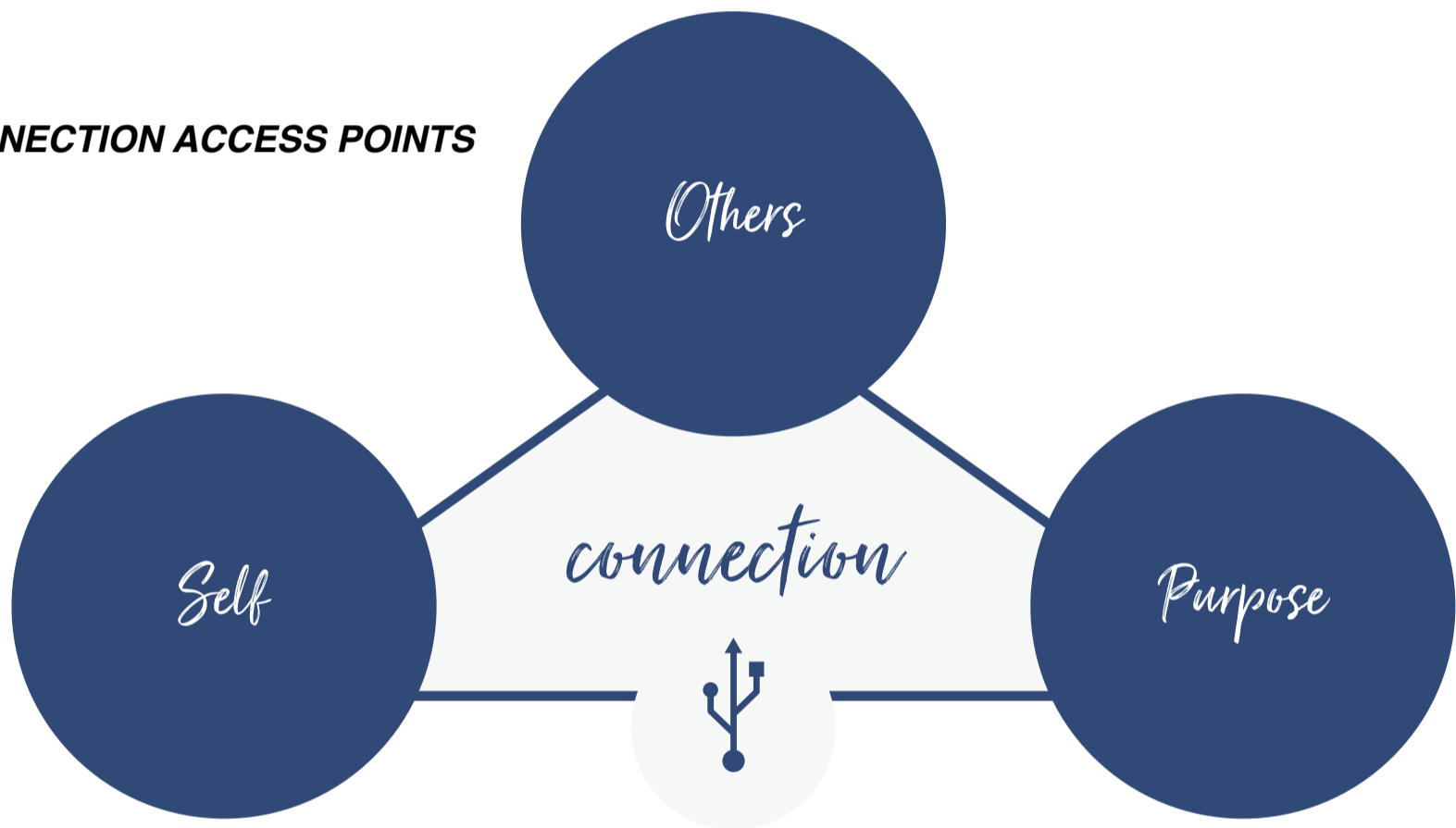


EVERYONE GETS LONELY

EXPLORING LONELINESS

What are signs that you are lonely?

3 CONNECTION ACCESS POINTS



In the space below, define what connection means for you personally for each access point.

SELF

OTHERS

PURPOSE

EVERYONE GETS LONELY

EXPLORING CONNECTION - OTHERS

What are your biggest barriers when it comes to connection with others?

What is one action you can take to enhance your connection with others?

EVERYONE GETS LONELY

EXPLORING CONNECTION - SELF



What are your biggest barriers when it comes to connection with yourself?

What is one action you can take to enhance your connection with yourself?

EVERYONE GETS LONELY

EXPLORING CONNECTION - PURPOSE



My purpose is...

What are your biggest barriers when it comes to connection with purpose?

What is one action you can take to enhance your connection with your purpose?

EVERYONE GETS LONELY

WORKING WITH LONELINESS

STEP 1: Notice loneliness (what are your signs)

STEP 2: Stay with the feeling of the loneliness (NOT the story)

STEP 3: When the feeling has calmed down, identify in which of the three areas you lack connection (with self/others/or your purpose)

STEP 4: Select one action to take to boost connection within that area

STEP 5: Once you feel the sensation of connection, sit with it for 2 to 5 minutes

Repeat as needed