

# Belonging

## CULTIVATING HEALTHY RELATIONSHIPS

Who in your life do you want to create a deeper connection with?

Are their relational roles that are not currently filled in your life?

*Example: I want to have a closer relationship with \_\_. I want a best friend. I need a mentor.*

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What feelings arise when you consider meeting new people or deepening your relationship with people in your life?

Describe any anxiety, fear, or excitement that comes up for you.

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## CONT - CULTIVATING HEALTHY RELATIONSHIPS

Are there important conversations that you need to have with someone?  
Describe what you feel needs to be said or sorted out so that the relationship can grow.

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What types of communication feel best to you?  
Do you like to video call, text, email? Do you like to send gifts or write letters?  
What are some creative ways you can engage with others while social distancing?

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## CONT - CULTIVATING HEALTHY RELATIONSHIPS

Over the next month, I'd like to connect with these people in the following ways...

*Example: Grandma - send a letter | Friend Betsy - video call on Friday*

*Example: I'll join an online support group to make a new friend*

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### Kind Reminder

When I get scared or anxious about relationships, I will remind myself...