

# Ways I'd Like to Feel Connected

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Go back to your list of *Things That Keep Me from Feeling Connected*. For all of those things on your list that act as barriers to connection, there are also things that you would like to be connected to, but are not. List the things you'd like to be connected to below. Keep the focus on things that would foster a spiritual connection of unconditional acceptance, love, and security. The things on this list can be things from the previous list, or entirely new things, or people. Try to think of at least three:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

Now look at the list above. How many of the things you listed are people? How many are places? How many are things? For each item on the list, ask yourself if there was ever a time when you felt connected, but somehow the connection was lost. If this is the case, what happened? What changed? Did the person, place or thing change, or did you?

If there are things on your list with which you've never felt a connection, but would like to, ask yourself if there's a similar circumstance in which you did feel a connection to something or someone else. Could that connectedness translate over to the item on your list? How?

Finally, ask yourself why a sense of connection with the items on the list is important to you in order to achieve a spiritual experience. Dig really deep, and be specific. Could you achieve a spiritual connection in some other way with something or someone else besides what you listed?