

# 7.3 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. Where does your passion lie? 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. \_\_\_\_\_
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17. \_\_\_\_\_
18. \_\_\_\_\_
19. \_\_\_\_\_
20. \_\_\_\_\_