

Reflection Prompts:

What do I appreciate about these relationships?

How do I feel after spending time with them?

What would it be like to strengthen these connections?

Reflection Prompts:

What keeps me connected to these environments?

What concerns me about continuing exposure to these people, places, or situations?

On a scale of 1–10, how ready am I to adjust this connection? _____

What would it take to make the number above higher? To get it to 10?

Part 2: Exploring Ambivalence

What are the pros of maintaining my current social patterns?

What are the cons?

If I made one change toward stronger support, what might improve?

Part 3: Outdoor Reflection – Interconnected Systems

Spend a few minutes outdoors (or visualize a forest floor). Notice tree roots or imagine mycelium networks beneath the soil. These systems quietly share nutrients and protection across distances.

Reflect:

What unseen support systems exist in my life?

Who strengthens me even if they are not physically present?

Where might I need to “replant” myself in healthier soil?

Part 4: Strengthening the Network

One relationship I want to strengthen this week:

One boundary I may need to set or experiment with:

A specific action step I can take now:

Step:

When:

How:

Closing Reflection

Recovery rarely happens in isolation. Like roots beneath the forest floor, connection sustains growth. Strengthening supportive networks and thoughtfully navigating and correcting risky ones increases resilience and long-term stability.