

Exercises: Self-Connection

1. Your motivation for self-connection

Which of the reasons to do self-connection resonates with you? Do you have an additional reason to do it?

- A. clarity before talking to someone
- B. healing when the other person isn't there or you don't want to talk with them
- C. practice so you talk to yourself more compassionately and are more self aware during the day.

2. Try out the 5 self-connection steps.

Follow the 5 steps of self-connection with a situation that is on your mind right now:

1. make an observation
2. work with your thoughts
3. connect with your feelings
4. find your need
5. make a request

Create a full sentence that you can share with the person:

When x happened, I felt y, because I need Z. Would you be willing to..

3. Making self-connection a habit.

A. Decide how often and how long in the coming week you want to do the self-connection exercise. Can you make the threshold lower to practice self connection regularly? Where and how are you going to do it? Check now if you want to use the self connection guidance video: <https://youtu.be/fQzDnlizQjY>.

B. Make it public! This will enlarge the chance you'll actually do it. Share it in our Online Community or tell your partner/friend.

Practice exercise for the coming week:

Do your self connection habit!

Go to the Online Community if you have questions or would like to share how things are going.

