

Asking for the Connection I Need

Identity values and self compassion | Adults | 10 to 15 minutes

Turn a wish for connection into a specific, voluntary invitation.

Feeling connected does not always mean having many people around. It may mean being understood, sharing an activity, or having dependable company. Choose one form of connection you would welcome and one realistic way to invite it.

Name the experience you want

Think about whether you want listening, shared enjoyment, practical company, spiritual community, or a place to contribute. Choose someone or somewhere with a reasonable chance of offering that experience. You can begin with a small step that protects privacy and feels manageable.

Make room for another response

An invitation might be: Would you like to walk with me this weekend? Or: Could you listen for ten minutes without giving advice? The other person may be unavailable. Plan an alternative so one response does not become a judgment about your worth or your right to connection.

The kind of connection I want is

A person, group, or setting that might fit is

My specific invitation and when I might make it are

If the answer is no or there is no reply, I can