

CONNECTION CHECKPOINTS

1. Who are my closest friends/family members? Who can I confide in?
2. Who are my single friends?
3. Where and with whom do I feel “at home?”
4. Who is part of my “herd” (small group of friends I can call on)?
5. Where are my major commitments of time?
6. What communities (organizations, groups, work groups) do I feel part of?
7. Do I have a pet?
8. Do I have a spiritual relationship?
9. With whom do I have “balancing relationships”?
 - a. People who push me out of my comfort zone, expose me to new things?
 - b. People who help me with tasks (e.g. financial planner, computer whiz)?
 - c. People who are different from me (e.g. married, opposite sex, young, old)?
 - d. People I can have and resolve conflicts with?
10. Who can I:

Count on in an emergency?	Feel sexy with?
Feel loved by?	Care for/mentor?
Be fully myself with?	Be angry with (and it’s okay)?
Do things I like with?	Feel challenged by?
Check in with routinely?	Drop in on/call last minute?
Feel most understood by?	Count on to be honest with me?
Knows when I get home at night?	

Go back through your list and:

- Mark with a plus sign the relationships, groups, commitments that leave you feeling good and energized.
- Mark with a minus sign the relationships, groups, commitments where you feel drained, obligated, or inauthentic (you may need to “molt” or manage some of these).
- Mark with an asterisk relationships you need to develop.
- Mark with a “C” those relationships where you need to be in better communication

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