

Jim Lucas

Lesson 1:
Connect

5 Daily Helpers

How & Why you can Connect with people to have better relationships

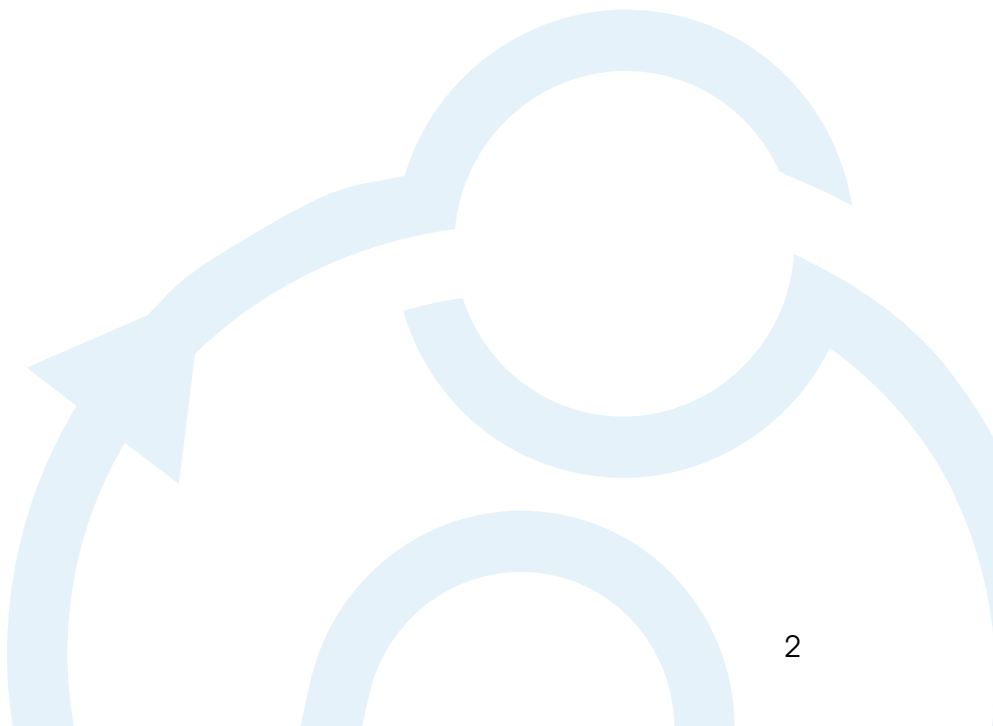
Well done....you've made it to one of the most important elements of taking this course....**taking action!**

Connecting with people can be difficult. Its not always easy to pick up the phone or to start a conversation with someone you've never met.

That's why this worksheet is designed to help you put things into practice by breaking it down into **small purposeful steps.**

Your Next Steps:

- Print this worksheet and complete it. Or you can write out the exercise in a different document. Sometimes I like writing out with a pen on paper to look after my brain and my eyes.
- If you've skipped any of the previous worksheets, I recommend you go back and complete those first. You may be eager to move forwards quickly, but it is important to follow the steps laid out in the course.
- These completed worksheets will serve as your new toolbox for stress management. Keep them together and keep them safe.



STEP 1: In your life, what are the external barriers to connecting with people? (circle all that apply)

Isolation due to rurality
Lack of transport
Mobility problems because of disability/chronic pain or agoraphobia

**What possible ways are there of overcoming these problems?
What might you need to do first to solve these issues?**

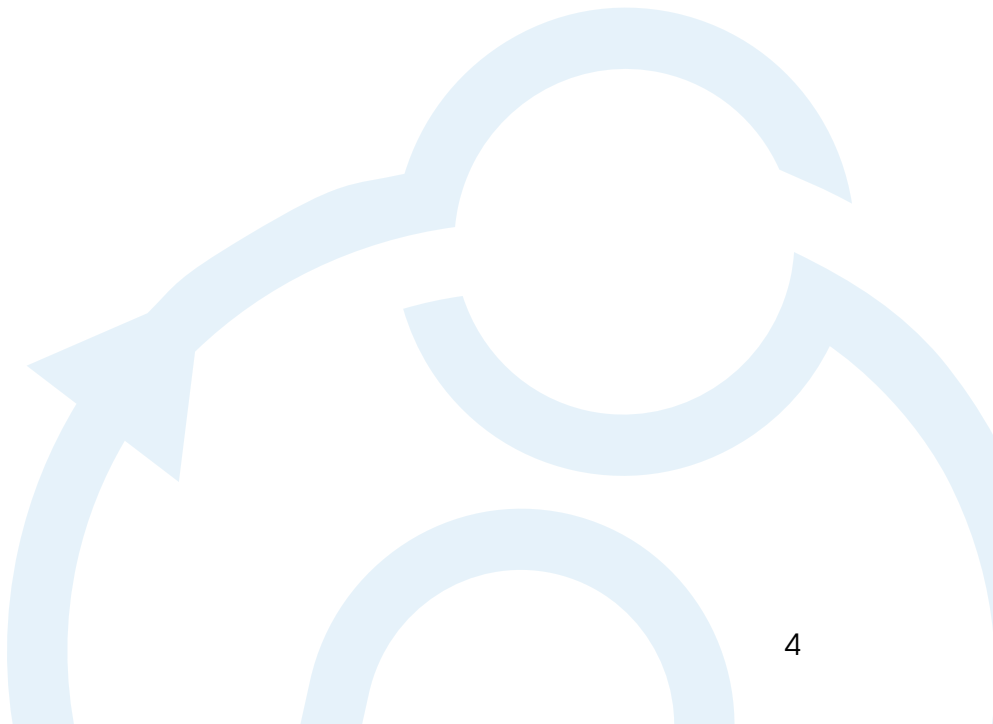
STEP 2: What thoughts or feelings are stopping you from connecting with people? (circle all that apply)

Fear of rejection
Fear of being abandoned
Thoughts that you are "worthless"
Thoughts that you are "inadequate, bad" or that "there is something wrong with you"
Feelings of Shame
Thoughts that "others can't be trusted"
Thoughts that "others will let you down"
Thoughts that "others don't care" or "I'm not important"
Others:

STEP 3: What do you DO to cope with these feelings? List all the ways you protect yourself. Here are some examples:

Avoid getting close to people
Turn-down invitations
Stay at home
Withdraw into own company
Avoid talking about you
Others:

STEP 4: What is the impact of these actions on your life? Do they get you where you want to go? What are the costs to you, other people and your relationships?



STEP 5: Identify the actions that don't work and start relying on them less often. Try to use these coping strategies much less.

Instead, make a commitment to a new way - meeting new people, re-connecting with people you've lost contact with and connecting more often or deeply with people you know already.

Where would you like to start?



Openforwards Ltd,
The Jewellery Business Centre,
95 Spencer Street,
Jewellery Quarter,
Birmingham,
B18 6DA.

T. 0121 523 1108
E. support@openforwards.com
W. openforwards.com