Personal Application Worksheet

1. How connected do you feel to the other side?

2. Imagine what a better relationship with the other side might look like. Describe it.

3. How open are you to improving your relationship?

   1 2 3 4 5 6 7 8 9 10

   (not open) (extremely open)

4. What can you do to strengthen your connection? Might you highlight commonalities, ask them about significant aspects of their life, or share personal information? Be specific.