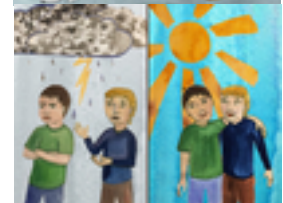
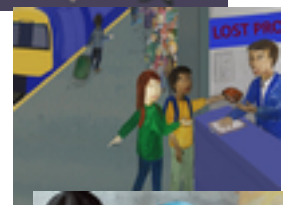
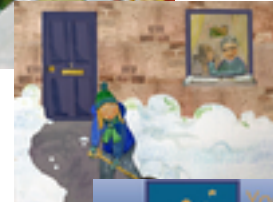


Connecting Me



These emotions drive us to value, support and appreciate others. They support our contribution to shared achievements. The connecting emotions enhance respect for and good-will to others and help us fulfil our responsibilities and connect with something bigger than ourselves. Their overarching purpose is to *value ourselves and others, in relation to our collective shared goals.*

The general direction of influence is from belonging to forgiving, but, of course, most of these connecting emotions feed into and are fed by each other. In particular, kindness is a key connecting emotion that leads to contentment.