Tab 1

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# Day Title

Self-Awareness as the Basis for Connection (It’s Not You, It’s Me)

# Lesson Name

Foundations of Connection

# Meme

(insert meme image)

# Summary

Self-awareness is the foundation of authentic connection. By noticing our thoughts, emotions, and patterns, we gain the ability to respond intentionally rather than react automatically. Awareness of our needs and strengths allows us to communicate clearly and bring our whole selves into relationships. Self-awareness is not about control but about curiosity, and it creates the space for honesty and intimacy to thrive.

# Daily Passage

At the heart of every meaningful relationship is self-awareness. Without awareness of our own emotions, patterns, and needs, it is difficult to show up authentically with others. Self-awareness is the gardener tending the soil of our inner world. By noticing what is growing, what needs nourishment, and what needs pruning, we create fertile ground for healthier and more authentic relationships.

Self-awareness begins with noticing our inner world. Our thoughts, emotions, and bodily sensations all give us clues about what matters to us and how we are experiencing the present moment. For example, when we feel irritation rise during a conversation, it may signal an unmet need for respect or space. When we feel warmth and ease, it may signal alignment with our values of connection or trust. By learning to pause and reflect, we can respond intentionally rather than react automatically.

This practice is vital in relationships because our unexamined reactions often spill into our interactions. If we are unaware of our triggers, we may lash out, withdraw, or project blame. But when we notice and name our internal states, we take responsibility for them. Saying, “I am noticing I feel defensive right now,” creates a very different dynamic than unconsciously acting from defensiveness. Awareness creates choice, and choice creates freedom.

Self-awareness also helps us understand our relational patterns. Many of us carry habits formed in childhood or past relationships, such as people-pleasing, conflict avoidance, or striving for control. These patterns often operate beneath the surface, shaping how we relate without our conscious consent. By reflecting on our history, we begin to see where these habits come from and whether they still serve us. Awareness does not mean we never fall into old patterns, but it gives us the power to catch ourselves more quickly and shift toward healthier responses.

Another dimension of self-awareness is recognizing our needs. Relationships often suffer not because needs are unreasonable, but because they are unspoken. When we are not clear with ourselves about what we need, we cannot clearly express it to others. Self-awareness invites us to ask: What am I really longing for right now? Is it companionship, space, affirmation, or safety? Naming our needs brings us closer to being able to communicate them with honesty and care.

Self-awareness also extends to our strengths. Sometimes we focus so much on our struggles that we forget to acknowledge our gifts. Noticing our capacity for listening, humor, resilience, or creativity helps us bring these strengths more fully into relationships. Awareness of our light allows us to offer it freely to others.

Cultivating self-awareness is not about perfection but about curiosity. Journaling, mindfulness, and honest conversations with trusted others are all practices that support this growth. The more we learn about ourselves, the more capacity we have to offer presence, empathy, and authenticity in our relationships.

We can also practice self-awareness in the moment, especially during conversations. A brief pause to check in with our breath or notice our body posture can shift the entire tone of an interaction. If we catch ourselves interrupting, we can slow down and choose to listen more deeply. If we sense ourselves shutting down, we can name it gently and invite space for reflection. These small acts of awareness ripple outward, creating safety and clarity for those around us.

The absence of self-awareness often shows up as misunderstandings or cycles of conflict. When we do not notice our emotions, we may misinterpret others’ actions or escalate situations unnecessarily. But when we take ownership of our feelings and patterns, we reduce blame and open the possibility for genuine dialogue. Self-awareness, then, is not only a gift to ourselves but also to those we are in relationship with.

Over time, practicing self-awareness creates an atmosphere of trust. Others feel safer with us when they know we are accountable for our own emotions and reactions. Instead of walking on eggshells, they can relax into authenticity. By tending to our inner garden, we create fertile ground where connection, intimacy, and growth can flourish for all involved.

# Alternative View

While self-awareness is essential, it is possible to over-focus on ourselves in ways that become self-absorbed. Too much inward attention may lead us to overanalyze or lose touch with the needs of others. Healthy self-awareness balances introspection with outward presence. We can use our awareness to show up more fully for others, not retreat further into ourselves.

# Activity

What emotions most often arise in your relationships, and what might they be pointing to?

What patterns do you notice in yourself that repeat across different relationships?

What needs do you find hardest to acknowledge or express?

What strengths can you celebrate in yourself that enrich your connections with others?

Tool to create:

MEPS check in tool

Awareness tool

# Sources

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Siegel, Daniel. *The Mindful Brain.* 2007.

Brown, Brene. *Atlas of the Heart.* 2021.

Tolle, Eckhart. *The Power of Now.* 1997.

# Domain

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Tab 2

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# Day Title

Recognizing Our Triggers

# Lesson Name

Foundations of Connection

# Meme

(insert meme image)

# Summary

Emotional awareness helps us recognize our triggers and understand the deeper layers of our reactions. By noticing bodily signals and pausing before reacting, we can shift from automatic responses to conscious choices. Triggers become teachers that point to places of healing. With practice, emotional awareness allows us to communicate more honestly, extend empathy, and stay connected even in moments of difficulty.

# Daily Passage

Self-awareness gives us the foundation, and emotional awareness deepens it by helping us recognize the specific ways our inner world influences our relationships. One of the most important aspects of emotional awareness is noticing our triggers. Triggers are moments when an interaction stirs up a reaction that feels larger than the present situation. They often point to unresolved pain, unmet needs, or past experiences that are still alive within us.

When we are unaware of our triggers, they can hijack our responses. A small comment from a partner may ignite anger that feels disproportionate. A delayed reply from a friend may bring up waves of abandonment. A colleague forgetting to acknowledge our contribution may trigger old wounds of invisibility. These reactions can confuse both ourselves and others unless we recognize them as signs of deeper emotional layers asking for attention. Triggers are not the enemy; they are teachers. They highlight the places where healing and awareness are needed most.

Recognizing our triggers requires slowing down and tuning in. Our bodies often react before our minds catch up. A tight chest, clenched fists, shallow breath, or sudden heat may signal that something in us has been stirred. By learning to notice these signals, we can pause before reacting. This pause is powerful. It allows us to ask, “What am I really feeling right now? What is this moment reminding me of? What do I need?” This shift from automatic reaction to conscious reflection changes the trajectory of our interactions.

Understanding our triggers also supports compassion. When we realize that much of our intensity comes from old wounds, we stop blaming others for everything we feel. At the same time, we can communicate with more honesty. Instead of saying, “You always make me feel abandoned,” we might say, “When you did not reply, it reminded me of times I felt left out, and I felt hurt.” This kind of emotional awareness invites connection rather than defensiveness. It creates space for repair and dialogue, turning conflict into an opportunity for greater intimacy.

Emotional awareness also means recognizing that triggers are universal. Every person has tender places that, when touched, create strong emotional reactions. By normalizing this, we create more room for empathy in our relationships. We all carry histories that shape our present. Awareness helps us take responsibility for our side of the story while also extending grace to others when they are caught in their own triggers.

Developing emotional awareness is a lifelong practice. Journaling, therapy, and mindfulness help us track our emotional landscapes with clarity. Somatic practices like breathwork, grounding exercises, or mindful movement strengthen our capacity to regulate. In moments of overwhelm, we can lean into co-regulation with trusted people, allowing their calm presence to help soothe our nervous system. Over time, we build resilience, which means we can hold strong feelings without being overwhelmed by them. This resilience allows us to stay connected even in the midst of conflict or challenge.

There is also great value in sharing our triggers with those closest to us. By saying, “I know I sometimes react strongly when I feel ignored, and I want you to know it comes from my past,” we invite others into our healing journey. This transparency helps prevent misunderstanding and gives our loved ones tools to respond with compassion rather than confusion. Emotional awareness, then, is not only for our own growth but for the health of our connections.

Emotional awareness also grows stronger when practiced together. When both people in a relationship acknowledge their triggers openly and with compassion, they create an atmosphere of safety. This shared honesty helps prevent unnecessary conflict and fosters a sense of teamwork. Instead of being caught in cycles of blame, the relationship itself becomes a supportive container where both can grow, heal, and deepen their bond.

# Alternative View

While emotional awareness is valuable, there is a risk of becoming overly self-focused or hyper-vigilant about our triggers. If we scrutinize every feeling too intensely, we may lose the ability to stay present and spontaneous in relationships. It is important to balance reflection with lived experience. Sometimes the healthiest choice is to let go of small irritations rather than analyzing them deeply.

# Activity

Reflect on a situation that triggered you recently. What was the deeper fear or need underneath your reaction?

How does your body usually signal when you are triggered?

Who in your life feels safe enough to share your triggers with, and how might that create more understanding?

What practices help you return to regulation and stay present when you feel activated?

NVC Trigger to Understanding Tool

# Sources

Daniel Siegel, *The Developing Mind*, 2012  
Bessel van der Kolk, *The Body Keeps the Score*, 2014  
Brene Brown, *Atlas of the Heart*, 2021

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Tab 3

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# Day Title

How Projection Clouds Authenticity

# Lesson Name

Foundations of Connection

# Meme

(insert meme image)

# Summary

Projection clouds authenticity by distorting how we see others and ourselves. It replaces reality with our unacknowledged fears and insecurities, leading to misunderstanding and disconnection. By practicing self-reflection and owning our projections, we can shift from blame to vulnerability, creating opportunities for honesty and deeper intimacy. Recognizing projection in both personal and group contexts helps us bring more clarity and compassion into all our connections.

# Daily Passage

One of the greatest obstacles to authenticity in relationships is projection. Projection happens when we attribute our own feelings, fears, or insecurities onto others without realizing it. Instead of seeing the other person clearly, we see them through the lens of our unacknowledged inner world. This distorts connection and makes authentic relating difficult.

For example, if we have unresolved fear of abandonment, we might assume a friend’s busyness means they do not care about us. If we struggle with self-doubt, we might perceive a colleague’s confidence as arrogance directed against us. In these moments, we are not actually relating to the other person, but to a story our mind has created. Projection turns relationships into mirrors of our inner struggles, often leaving us feeling misunderstood and disconnected.

The challenge with projection is that it feels so real. When we are caught in it, the story seems obvious and undeniable. Yet with reflection, we may notice patterns. Do we frequently feel dismissed, criticized, or rejected, even with people who are generally supportive? If so, it may be less about them and more about unhealed parts of ourselves that are asking for attention.

Becoming aware of projection requires humility. It asks us to pause and ask, “Is this about them, or is this about me?” This question does not deny the reality of harmful behavior, but it helps us discern when our reactions are being amplified by our own wounds. Projection is not a sign of weakness; it is a natural part of being human. But when left unchecked, it blocks us from authentic connection.

Practicing self-reflection and emotional awareness helps us catch projections more quickly. We might notice our tone becoming defensive or our assumptions hardening. In these moments, we can pause and bring curiosity. What memory or fear might this situation be activating? How might I check my assumption by asking the other person directly rather than assuming?

Owning our projections is a profound act of integrity. Instead of saying, “You made me feel unwanted,” we might say, “Something about this situation stirred up my fear of being unwanted.” This small shift transforms the conversation. It moves us away from blame and toward vulnerability. It also gives the other person space to clarify their actual intentions, which often creates relief and deeper understanding.

Recognizing projection also allows us to extend grace. Just as we project onto others, they sometimes project onto us. When we see this clearly, we can respond with compassion rather than defensiveness. We can say, “I hear that you feel I was dismissive, but that was not my intention. Can we talk about it?” In this way, projection becomes not a roadblock but an opportunity for mutual growth.

Projection also shows up in subtle ways in groups and communities. For example, a leader may be blamed for problems that actually reflect group dynamics, or a friend may be idealized as flawless until disappointment sets in. These projections reveal more about our own unmet needs than about the other person’s reality. Learning to see these patterns helps us engage with more honesty and fairness.

# Alternative View

It is important not to dismiss every painful reaction as projection. Sometimes people are genuinely disrespectful or harmful, and our feelings are valid responses to real behavior. Overemphasis on projection can lead to self-blame or denial of legitimate concerns. The key is discernment: learning to distinguish between when our inner world is coloring the moment and when the outer situation truly calls for boundaries or action.

# Activity

Reflect on a recent time when you felt hurt or dismissed. Could projection have played a role?  
What assumptions do you tend to make about others that may say more about me than about them?  
How can you pause and check your stories before reacting in future conflicts?  
What would it look like to share your inner fears vulnerably instead of projecting them onto others?

Tool to create:

Projection tool

# Sources

Carl Jung, *The Archetypes and the Collective Unconscious*, 1959  
Daniel Siegel, *The Developing Mind*, 2012  
Brene Brown, *Atlas of the Heart*, 2021

# Domain

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Tab 4

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# Day Title

The Role of Curiosity in Connection

# Lesson Name

Foundations of Connection

# Meme

(insert meme image)

# Summary

Curiosity is a doorway to deeper connection. It helps us replace assumptions with openness, strengthens empathy, and fosters humility. By asking genuine questions and approaching others with wonder, we create space for intimacy, reduce conflict, and keep relationships alive and evolving.

# Daily Passage

Curiosity is one of the most underrated yet powerful qualities in relationships. When we approach others with genuine curiosity, we open the door to discovery, empathy, and deeper understanding. Curiosity shifts us from assuming we know to being willing to learn, from judgment to openness, and from defensiveness to dialogue.

At its heart, curiosity is the opposite of certainty. In relationships, certainty often takes the form of assumptions: “I know why you did that,” or, “I already understand who you are.” These assumptions can close us off from the evolving reality of the other person. Curiosity invites us to remember that every person is a mystery, including those we know best. Our friends, partners, and family members are constantly changing, just as we are. Staying curious allows us to keep seeing them with fresh eyes.

Curiosity also strengthens empathy. When we are curious, we ask questions instead of rushing to judgment. Instead of assuming what someone feels, we might ask, “What was that experience like for you?” or “How are you really feeling right now?” These kinds of questions communicate care and interest. They show that we value the other’s inner world. This practice not only deepens intimacy but also reduces conflict by clarifying misunderstandings before they harden into resentment.

Another gift of curiosity is that it helps us stay humble. In moments of disagreement, curiosity shifts us from proving our point to exploring the other’s perspective. We might say, “Help me understand how you see this,” instead of insisting, “I’m right.” This does not mean we abandon our truth, but it does mean we make space for theirs. Relationships rooted in curiosity are more resilient because they allow multiple perspectives to coexist.

Curiosity is also a balm for projection. When we notice ourselves making assumptions, curiosity invites us to pause and check them out. Rather than reacting to the story in our head, we can ask open-ended questions. This simple act can prevent misunderstandings and create opportunities for connection.

Importantly, curiosity is not interrogation. True curiosity comes with warmth and openness, not pressure. The tone matters as much as the question itself. A gentle, genuine question fosters closeness, while a demanding one can shut someone down. Practicing curiosity means cultivating a spirit of wonder, like an explorer seeking to know another world with reverence.

Finally, curiosity helps keep relationships alive over time. Long-term connections can become stagnant when we assume we already know everything about the other. By remaining curious, we allow relationships to keep unfolding. Even after decades, there is always more to learn, more stories to share, and more depths to explore. Curiosity keeps love, friendship, and community dynamic and alive.

# Alternative View

Curiosity, while powerful, must be balanced with respect for boundaries. Not every question is appropriate, and not every person is ready to share. If curiosity becomes intrusive, it can create discomfort rather than closeness. The art of curiosity is discerning when to ask, when to listen in silence, and when to allow the mystery of the other to remain.

# Activity

Reflect on a time when curiosity helped deepen a relationship. What shifted?  
Where do you tend to make assumptions instead of asking questions?  
What questions could you ask a loved one to learn more about their inner world?  
How can you bring more curiosity into a relationship that feels stuck or stagnant?

Tool to create:

Curiosity Over Judgment tool

# Sources

Harville Hendrix and Helen LaKelly Hunt, *Getting the Love You Want*, 1988  
Brene Brown, *Atlas of the Heart*, 2021  
Carl Rogers, *On Becoming a Person*, 1961

# Domain

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Tab 5

# Week

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# Day Title

Balancing Independence and Togetherness

# Lesson Name

Foundations of Connection

# Meme

(insert meme image)

# Summary

Balancing independence and togetherness is an ongoing dance in relationships. Independence honors individuality and growth, while togetherness creates intimacy and belonging. Too much of either can create strain, but with communication, boundaries, and flexibility, we can cultivate interdependence—a state of being both ourselves and in connection. This balance keeps relationships vibrant, resilient, and authentic.

# Daily Passage

One of the ongoing dances in every relationship is balancing the need for independence with the longing for togetherness. We are social beings who thrive in connection, yet we also need individuality, freedom, and self-expression. When either side of this balance is neglected, relationships can become strained. Too much independence may create distance, while too much togetherness can lead to enmeshment or loss of self. The art of authentic connection lies in navigating this dynamic with awareness and care.

Independence is the capacity to stand on our own two feet. It reflects our ability to know who we are, to honor our needs, and to pursue our passions. Independence ensures that we do not lose ourselves entirely in relationships. For example, maintaining friendships, hobbies, or professional goals alongside a partnership allows us to keep growing as individuals. This growth enriches the relationship, since each person continues to bring new energy, perspectives, and vitality to the shared space.

Togetherness, on the other hand, is the willingness to merge, to share our lives deeply, and to build bonds of intimacy and trust. It is expressed through rituals of connection, moments of vulnerability, and the willingness to be influenced by another. Togetherness creates safety and belonging. It allows us to lean on others in times of need, celebrate joys together, and weave a life that is held in common. Without togetherness, relationships risk becoming transactional or shallow, lacking the emotional depth that nourishes the human heart.

The tension between independence and togetherness is not a problem to be solved but a rhythm to be embraced. Every relationship requires ongoing adjustment, because our needs shift with circumstances. A person going through a stressful period at work may need more togetherness for support, while another may need more independence to regain balance. By communicating these shifts honestly, we honor both our individuality and our shared bond.

Struggles often arise when one partner leans heavily toward independence while the other leans toward togetherness. For example, in friendships, one person may crave frequent contact while the other feels overwhelmed by constant communication. In romantic relationships, one partner may desire deep interdependence while the other values autonomy. These differences can create conflict if unspoken, but with awareness, they can become opportunities for growth. By naming our needs, we create clarity rather than resentment.

The cultural context also plays a role. In some cultures, collective identity and family loyalty are emphasized, making togetherness a priority. In others, individuality and self-expression are more highly valued, placing independence at the forefront. Understanding these influences helps us approach the balance with nuance and compassion, recognizing that neither independence nor togetherness is inherently superior.

Balancing the two also requires boundaries. Healthy boundaries allow us to remain connected without losing ourselves. For example, saying, “I need some time alone tonight, but I care deeply about us,” honors both independence and togetherness. Boundaries are not walls but bridges that clarify where we begin and end, making authentic closeness possible.

An essential element of this balance is interdependence. Interdependence means we are neither fully independent nor fully merged, but instead we live in the space between. We are whole on our own, yet enriched by being together. Interdependence honors individuality while recognizing that relationships add meaning and resilience to our lives. It is a dynamic, evolving balance that requires both flexibility and commitment.

Practices that support this balance include regular check-ins about needs for space and closeness, creating rituals of connection alongside time for solitude, and cultivating mutual respect for each person’s rhythms. For example, a couple might commit to weekly date nights (togetherness) while also supporting each other’s solo creative projects (independence). Friends might spend meaningful time together but also respect each other’s need for quiet weekends. These intentional practices keep the balance alive.

# Alternative View

While balance is ideal, there are times when relationships naturally lean more heavily toward one side. Illness, crisis, or new beginnings may require greater togetherness, while seasons of personal growth or exploration may call for more independence. The goal is not to achieve perfect balance at every moment but to remain adaptable and responsive to changing needs.

# Activity

Where in your life do you feel most independent, and how does this affect your relationships?

Where do you experience the deepest sense of togetherness, and how does it nourish you?

What boundaries help you protect your individuality while staying connected to others?

How might you cultivate interdependence in one of your important relationships?Where in your life do you feel most independent, and how does this affect your relationships?

# Sources

David Schnarch, *Passionate Marriage*, 1997  
Harville Hendrix, *Getting the Love You Want*, 1988  
Brene Brown, *Atlas of the Heart*, 2021

# Domain

Relational and Community

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Day 6

# Week

2

# Day

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# Day Title

The Five A’s of Mindful Loving

# Lesson Name

Foundations of Connection

# Meme

(insert meme image)

# Summary

David Richo’s Five A’s—attention, acceptance, appreciation, affection, and allowing—describe the essential ingredients of mature and mindful relationships. Practicing them with others and with ourselves creates safety, trust, and intimacy. While no relationship embodies them perfectly, returning to these five guideposts helps us cultivate resilient and authentic love.

# Daily Passage

Relationships flourish when they are nourished with consistent care. David Richo, in *How to Be an Adult in Relationships*, describes five essential qualities that form the foundation of healthy connection: attention, acceptance, appreciation, affection, and allowing. Together, these “Five A’s” offer a map for how we can love with presence and maturity. They remind us that love is not only a feeling but a set of practices we choose every day.

**Attention** is the first A. It means showing up fully with our presence. When we give attention, we listen deeply, notice subtle cues, and stay curious about the other’s experience. Attention is more than hearing words; it is tuning in to body language, tone, and energy. When we feel someone’s genuine attention, we feel seen. Conversely, when attention is absent, we often feel invisible or dismissed. Simple acts like putting down our phone during a conversation, maintaining eye contact, or asking thoughtful questions can communicate powerful attention.

**Acceptance** is the second A. Acceptance means receiving another person as they are, without trying to control, fix, or reshape them. It does not mean agreeing with everything they do, nor does it mean tolerating harm. Rather, acceptance honors the uniqueness of each person. In practice, it might sound like, “I hear that you feel differently than I do, and I respect your perspective.” Acceptance creates safety because it tells the other person: “You are enough as you are.” Without acceptance, relationships often become battlegrounds for control, filled with disappointment and resentment. With acceptance, differences can be held with compassion instead of judgment.

**Appreciation** is the third A, and it nourishes relationships with gratitude and recognition. Appreciation is more than politeness—it is the act of truly noticing and valuing another’s presence, qualities, and contributions. Saying “thank you,” naming what we admire, or recognizing effort builds trust and warmth. Relationships often falter not because love disappears but because appreciation is unspoken. When we appreciate others, we remind them they are valued. Just as importantly, appreciation helps us focus on the good in our relationships rather than only noticing the struggles.

**Affection** is the fourth A. Affection communicates warmth and care through both words and gestures. It can be expressed physically—through touch, hugs, or closeness—or emotionally, through kindness, gentleness, and tender words. Affection helps relationships feel alive and connected. It signals that love is not only intellectual but embodied. Without affection, even relationships with shared values and respect may feel flat or distant. When we offer affection freely, we create bonds of trust and comfort.

**Allowing** is the fifth A. Allowing is giving space for others to be who they are, without pressure to conform to our expectations. It is the opposite of control. Allowing means trusting others to live their own truth, even if it is different from ours. It also means letting emotions move through without judgment—our own and theirs. For example, allowing might look like giving a partner space to be quiet when they need it, or supporting a friend’s decision to take a risk we might not choose ourselves. Allowing honors freedom, individuality, and growth. Without allowing, relationships can become stifling. With it, they become fertile ground for authenticity.

Richo emphasizes that these five A’s are not only gifts we give others but also practices we cultivate within ourselves. We cannot rely entirely on others to meet our needs for attention, acceptance, appreciation, affection, and allowing. In fact, he suggests that the balance is about seventy-five percent self-sourced and twenty-five percent received from others. When we practice the A’s with ourselves: paying attention to our inner world, accepting our imperfections, appreciating our strengths, showing ourselves affection, and allowing ourselves to grow, we become more resilient and less dependent on external validation. This self-love then enriches how we show up in relationships.

It is also important to recognize that no relationship will embody all five A’s perfectly all the time. Relationships are living systems, and there will be moments when attention lapses, appreciation goes unspoken, or allowing feels hard. What matters is not perfection but practice. When we notice what is missing, we can gently return to the A’s, using them as guideposts for repair and renewal.

The Five A’s invite us to reimagine love as an active practice rather than a passive feeling. Attention reminds us to stay present. Acceptance teaches us to respect difference. Appreciation fills our bonds with gratitude. Affection breathes warmth and tenderness into connection. Allowing honors freedom and authenticity. Together, they form a complete circle of mindful loving.

# Alternative View

The Five A’s provide a powerful framework, but they require balance. Too much acceptance without boundaries may enable unhealthy behavior. Too much allowing may feel like neglect if attention is absent. These qualities work best when practiced together, held in balance, and grounded in discernment.

# Activity

Which of the Five A’s do you give most easily in your relationships? Which feels hardest for you to offer?  
  
How do you practice the Five A’s with yourself? Where could you give yourself more attention, acceptance, appreciation, affection, or allowing?

Think of a relationship that feels nourishing. Which of the A’s are most present there?

How might you bring more balance of the Five A’s into a relationship that feels strained? Which of the Five A's do you find easiest to give in your relationships, and which do you struggle with most?

Tool to create:

5 A’s Tool

# Sources

David Richo, *How to Be an Adult in Relationships*, 2002  
 Brene Brown, *The Gifts of Imperfection*, 2010  
 Thich Nhat Hanh, *Teachings on Love*, 2005

# Domain

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