



Relationships as Oxygen and Attitudinal Contagion

Key Takeaways

- 1 Surrender to Your Need for Connection
- 2 The Benefits of Belonging
- 3 The Neural Correlates of Attitudinal Contagion
- 4 Getting Your Relational Fix

Quote:

“ Man is by nature a social animal...Anyone who either cannot lead the common life or is so self-sufficient as not to need to, and therefore does not partake of society, is either a beast or a god ”

— Aristotle

Diagnostic

N/A

Exercise

Peak Performance Network Implementation

First Step — Assess Your Current Support Network Across 4X Domains

- **Emotional support**
Empathy, concern, affection, love, trust, acceptance, intimacy, encouragement, or caring.
- **Informational support**
Advice, guidance, suggestions, or useful information.
- **Instrumental support**
Financial assistance, material goods, or services
- **Companionship support**
Social belonging via shared activities.

Exercise

Peak Performance Network Implementation

Second Step – List the Individuals in Each Domain

A | **Emotional Support**
People who provide love and care for your client.

Names:

B | **Informational Support**
People who provide information or advice needed to solve problems or reach goals.

Names:

Exercise

Peak Performance Network Implementation

Second Step – List the Individuals in Each Domain

C

Instrumental Support

People who provide functional assistance, material goods, or services.

Names:

D

Companionship Support

People who engage in shared social activities.

Names:

Exercise

Peak Performance Network Implementation

Third Step – Assess 10 People You Can Lean on for the Current Problems at Hand



Aspect of the
goal/Problem



Type of support
needed



Who can help
me with this?



How can he/she
help me?

1

2

3

4

5

Continue on next page

Exercise

Peak Performance Network Implementation

Third Step — Assess 10 People You Can Lean on for the Current Problems at Hand



Aspect of the
goal/Problem



Type of support
needed



Who can help
me with this?



How can he/she
help me?

6

7

8

9

10

Notes

Lesson Resources

Tips to Meet Your Belonging Needs

1. Leverage Intentionality—Be systematic, calendar it, create formats, build a PRM.
2. Discard Social Norms—Be proactive, reach out, say hello.
3. Opt for the Connected Option—Coliving, hostels, meetup groups.
4. Say Yes—It's like a workout, you'll feel better after it.
5. Become A Connector—Make connecting others a habit, dial up the belonging.
6. Get High on Helping—Add tangible and emotional value always.
7. Karma Is Biology—Pay it forward, give and trust the law of reciprocity.
8. Externalize the Focus—Make someone's day on your bad day.
9. Dial up the Digital Intimacy—Maximize information flow; mic, audio, video.
10. Cherish Friendliness—Pluck the risk trigger, make people smile, have fun.

Tips to Optimize Attitudinal Contagion

1. Proximity Is Power—Maximize time spent with those who inspire you.
2. Build Your Dream Network—It's worth it. Even if it takes a decade.
3. Focus on the Positive—Distort the osmosis by tilting your focus to positive attributes.
4. Be Aware of the Influence—Bring consciousness to the slight, negative attitudinal shifts.
5. Guard Your Own Beliefs—Dial up your locus of control and self driven belief via feedback.
6. Separate Loyalty, Support & Time—Be there for someone fully, without being with them.
7. Attempt to Elicit Change—Call it out candidly, point to specific examples, suggest changes.
8. Neutralize Negativity—Rebalance negativity with a corresponding increase in positivity.

Lesson Resources

1. [The hedonic treadmill – are we forever chasing rainbows?](#)
By Seph Fontane Pennock
2. [Very happy people](#)
By Ed Diener and Martin E.P. Seligman
3. [Relationships in 2014: ours is a society that could use a hug](#)
By Robert E. Hall
4. [Social connections matter more than wealth—and your brain knows it](#)
By Emily Esfahani Smith
5. [Social isolation a significant health issue](#)
By Katherine Seligman
6. [Social isolation worsens cancer, mouse study suggests](#)
By University of Chicago Medical Center
7. [Health: psychology; researchers add sounds of silence to the growing list of health risks](#)
By Daniel Coleman
8. [How stress works](#)
By Betty Burrows
9. [Cold and lonely: does social exclusion literally feel cold?](#)
By Association for Psychological Science
10. [How love works](#)
By Lee Ann Obringer

Lesson Resources

11. [Loneliness affects how the brain operates](#)
By University of Chicago
12. [Why our brains are wired to connect](#)
By lindagraham-mft.net
13. [Perceived support, received support, and adjustment to stressful life events.](#)
By Wethington Elaine, Kessler Ronald C.
14. [The strengths approach : a strengths-based resource for sharing power and creating change](#)
By Wayne McCashen
15. [Strengths perspective in social work practice](#)
By Dennis Saleebey
16. [Social support and physical health: understanding the health consequences of relationships](#) By Bert N. Uchino