

ACTIVITY: Feeling Connected – take some time to reflect

Humans have a strong drive to be kind, but that drive is usually stronger when they feel connected to other people. To help foster that feeling of closeness, this exercise asks you to think about a time when you felt a strong connection to another person and describe the experience in writing.

Research suggests that reflecting on feelings of connection can increase people's motivation to help others, whether by helping a friend or stranger in need, volunteering, or donating money. Helping others can, in turn, increase happiness.

By reflecting on times when you've felt a strong connection with others, and by striving to cultivate more of these experiences, you are fueling your drive to practice kindness and compassion.

Try This!

- Think of a time when you felt a strong bond with someone in your life. Choose a specific example of an experience you had with this person where you felt especially close and connected to him or her. This could be a time you had a meaningful conversation, gave or received support, experienced a great loss or success together, or witnessed a historic moment together.
- Once you've thought of a specific example, spend a few minutes writing about what happened. In particular, consider ways in which this experience made you feel close and connected to the other person.
- Try to do this practice at least once per week, selecting a different example each time.

Feeling Connected

https://ggia.berkeley.edu/practice/feeling_connected