



COURAGE FOR  
CONNECTION

# ELEVEN SIGNS

YOU'RE CONNECTING WELL

(AND 11 SIGNS YOU MIGHT BE  
CONNECTING POORLY)

# ELEVEN SIGNS YOU'RE CONNECTING WELL

1. Younger generations love to hang out with you. They seek you out in informal social settings.
2. You are self-aware in real time. You recognize when you are feeling anger, shame, sadness, etc. and this doesn't throw you. You realize how your early history colors how yourself and the world.
3. You are able to hear feedback, without getting defensive. Facing your flaws doesn't trigger a shame spiral.
4. You are intentionally growing. You accept that you are messy and others are too. No one is all good or all bad.
5. You are comfortable setting boundaries. You do not have a need to make people feel good. You can say "no" without feeling guilty.
6. You like who you are. This makes it easier to like other people, or to let love in from them or from God.
7. You address disagreements calmly and constructively. You are proactive and do not let unresolved issues fester.
8. You are able to relax. You live a life with margins, because relationships of love simply take time and are savored in the present moment.
9. You live with congruence. You are not wearing a mask; who you are when you are alone is the same as who you are with other people.
10. You are honest about what you really want and need and feel. You have clear and direct conversations. If necessary, you will detach from places you cannot be authentic.
11. You experience joy, laughter and positive energy around your primary people. You view them as the treasures they are and find thoughtful ways to express your appreciation.

# ELEVEN SIGNS YOU MIGHT BE CONNECTING POORLY

1. You rely heavily on the approval and opinions of others. This causes your view of yourself to rise and fall based on the external feedback you are getting.
2. You are unable to trust. You are suspicious about other people's actions and intentions.
3. You have frequent interpersonal conflicts and misunderstandings. These are possibly linked to personal childhood trauma but you don't know why they are happening.
4. You feel overwhelmed by guilt, shame, or self-criticism. A sense of inadequacy permeates your psyche. You find yourself defending and promoting yourself.
5. You feel stagnant or stuck in key relationships. You don't understand why you are hurting, or why you are hurting the people around you.
6. You have no energy for relationships. You find yourself hiding or pretending. You engage in escapist behaviour.
7. You are experiencing chronic stress, burnout or exhaustion. There seems to consistently be too much on your plate to properly function and get things done. You are continually being run over by life without getting traction.
8. You find yourself suppressing emotions. You view some emotions as good and others as bad, so you stop yourself from expressing them. This leaves you emotionally numb.
9. You are driven, impatient and irritable. You find yourself doing a lot of blaming. You find yourself being hypersensitive, and sometimes over-reactive. You see your own opinions as the best ones.
10. You are uncomfortable in your own skin. You don't really like yourself and have trouble feeling like your existence really matters.
11. You are in a hurry. You are too busy to live an emotionally healthy, spiritually rich and vibrant life. Love takes time. Hurry is killing the relationships you hold dear.