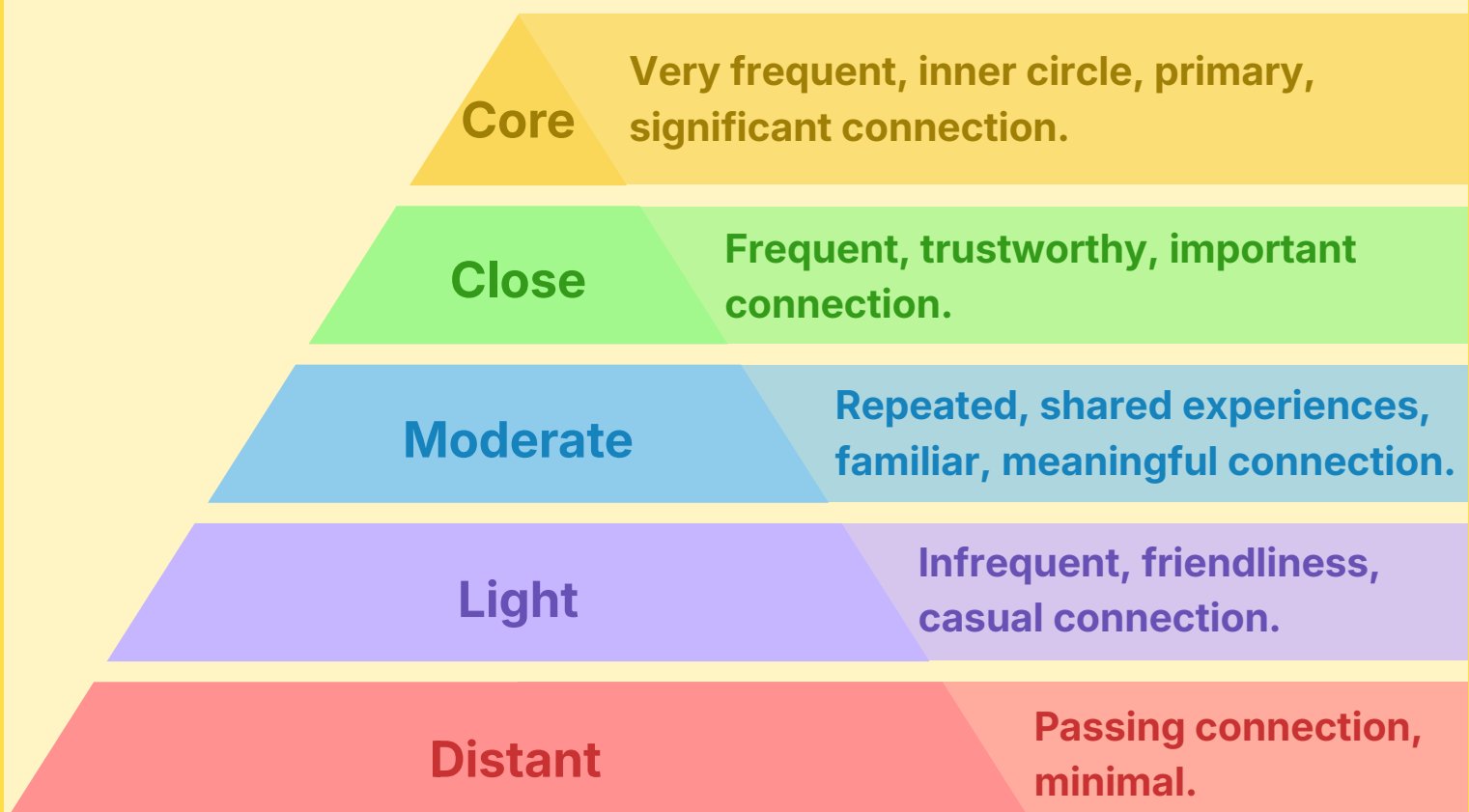
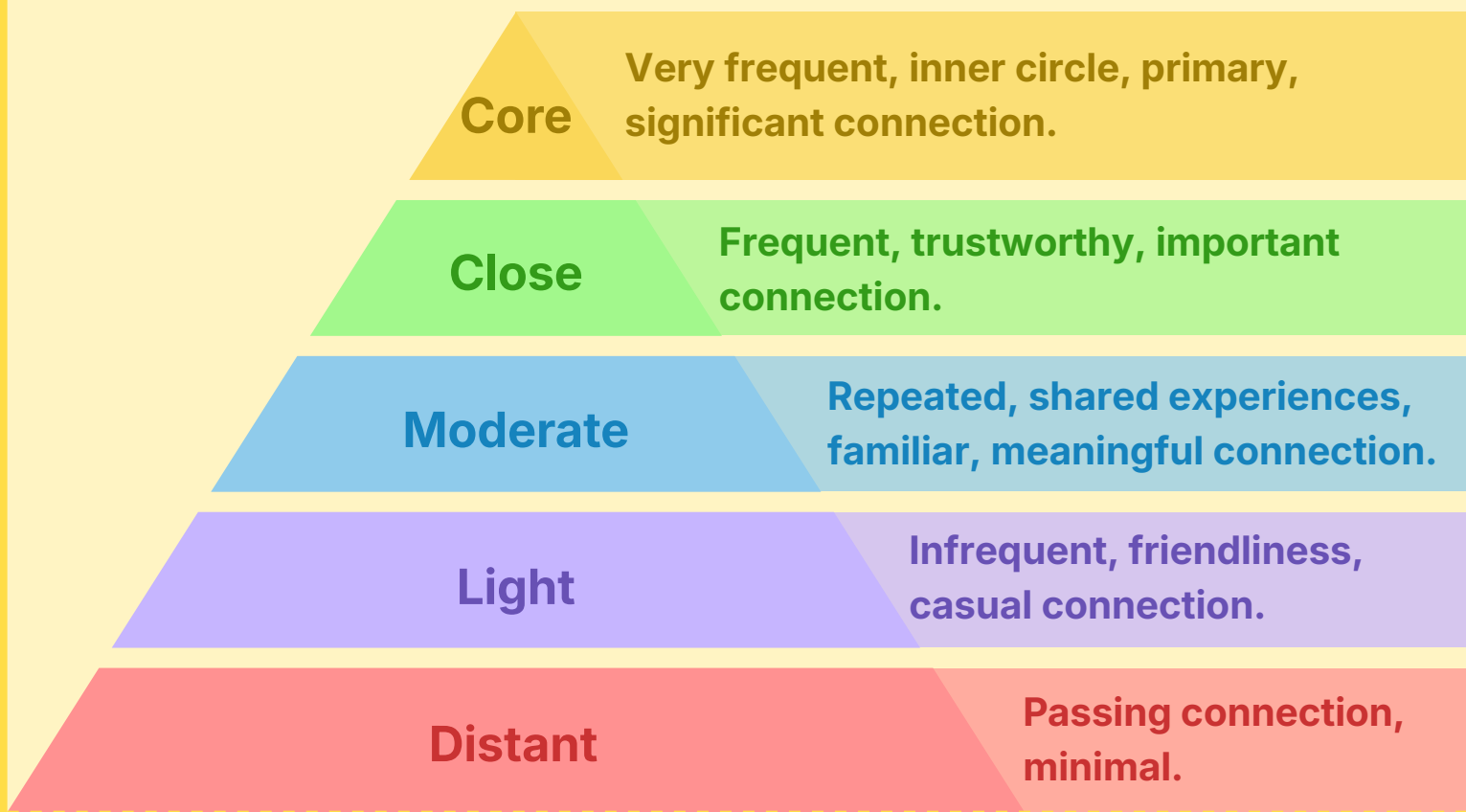


THE HUMAN CONNECTION PYRAMID

Understanding the layers of human connection and relationships 



What is the Human Connection Pyramid?



The Human Connection Pyramid is a visual and practical way of understanding the different connections and relationships within an individual's life. It demonstrates the different roles and meanings that connections have in our lives.

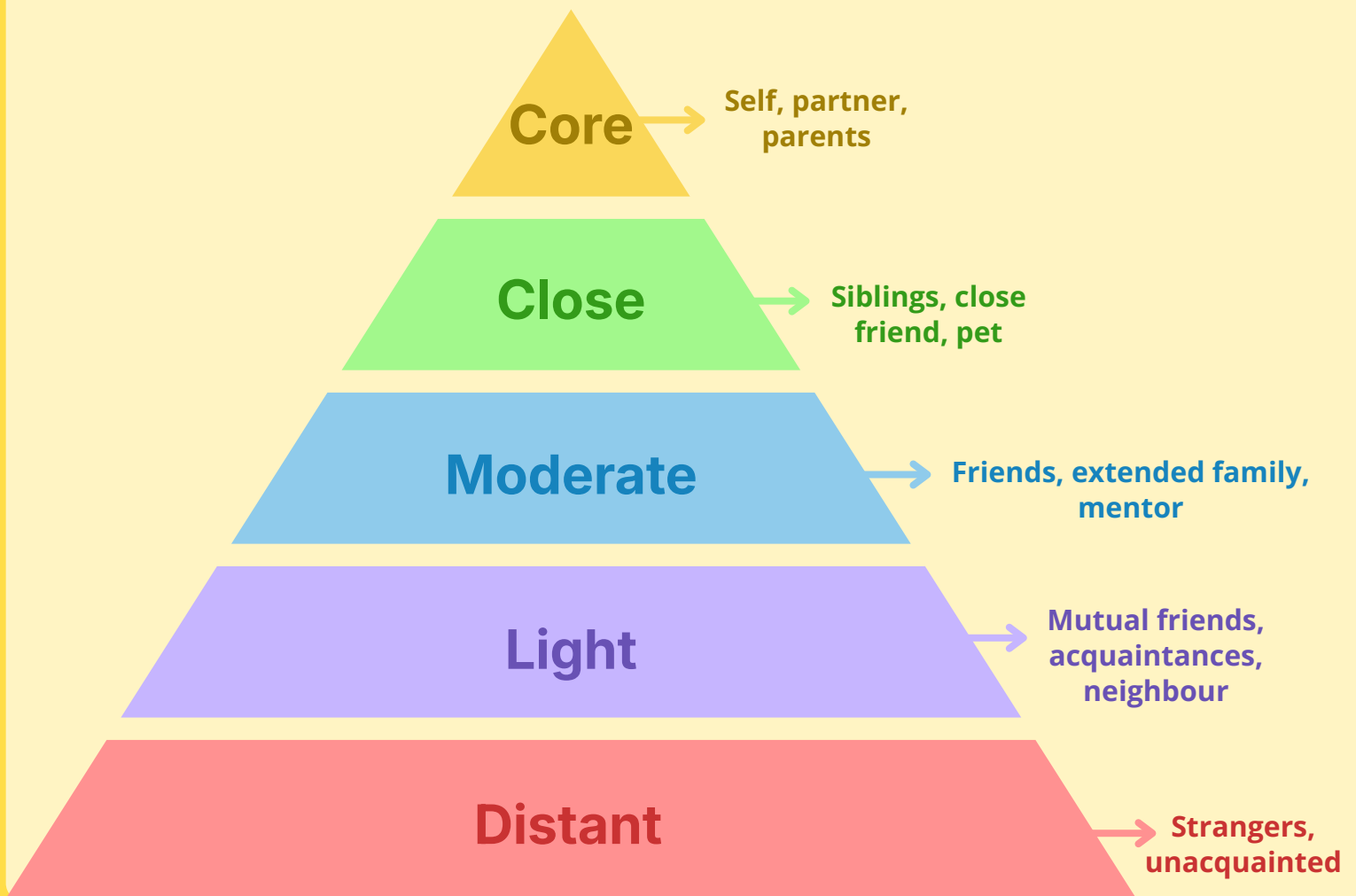
The pyramid's base is large, then narrowing toward the top. This may reflect how people often have a larger number of more casual connections, while close or more significant relationships are typically less in number, locating toward the top of the pyramid.

Disclaimer: This pyramid isn't meant to rank or compare relationships, or suggest some connections are better than others. Instead, it's a tool to support an individual's understanding, reflection, and prioritisation of different connections in their life.

An Example of Connections

This is an example of a completed pyramid. While every person's pyramid will look different, it highlights the importance of understanding how different connections and relationships fit in our lives.

Although everyone's pyramid is unique, one thing remains the same: no two connection's are the same.



We have intentionally left the pyramid blank so you can fill it in with what best reflects your life and relationships. Feel free to look at our pyramid for inspiration or as a reference.



Notes:

Remember, this model is here to serve as a supportive and reflective tool.
You're doing a great job, keep going!