

How connected are you?

Below are a few questions to consider about your own personal level of connection.

1. Do you prefer to spend most of your time alone?
2. Would you describe yourself as someone who has a lot of friends?
3. Would you describe yourself as someone who is difficult to get to know?
4. Have you developed a new relationship (friendship or intimate) in the past three years?
5. Are there six people in your life right now with whom you feel you could spend time socially?
6. Are there three people in your life right now with whom you feel you could share your personal feelings or concerns?
7. Do you spend time face-to-face with another person (outside of the workplace) at least twice a week?
8. Is there someone in your life right now that you feel knows you better than anyone else?
9. Would you describe yourself as feeling lonely?