

Free Tips

8 Ways on How to Connect



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by Dr. Steve Stephens and Pam Vredevelt
From the Book "The Wounded Woman"

- 1. Recognize your need**
When life is difficult, you need people the most. They provide much-needed comfort, encouragement and perspective.
- 2. Take a risk**
It may feel awkward and frightening to connect with others. You may find a hundred reasons to hide inside yourself, but you need to reach out.
- 3. Call an old friend**
You have longtime friends or relatives that you trust. Call one of them, even if you haven't spoken for a while.

- 4. Get Involved**
Find a cause, a church, a class, a club or a committee where you'll be in regular contact with others. Then jump, whether you feel like it or not. Remember, feelings follow actions.
- 5. Volunteer**
Get out and volunteer to help others. Be active and be social. As you surround yourself with others, you will feel better.
- 6. Be Careful of Internet relationships**
A person in pain is more vulnerable than usual. Realize that online relationships can be deceptive.
- 7. Don't let yourself fall into self-pity**
It's easy to feel sorry for yourself when you're hurting, but this only makes things worse.
- 8. Ask God for direction**
Pray that God will bring to mind a person or opportunity to provide a positive connection.

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