

Making Meaningful Connections



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Includes ...

50 Journal Prompts

THAT HELP YOU GET TO KNOW YOURSELF
SO YOU CAN SHARE WITH OTHERS

& BONUS tips to start
meaningful conversations!

Meaningful connections and lasting friendships.

There are two major obstacles that prevent us from developing the meaningful conversation necessary to create the lasting friendships we want.

1. We don't know what to talk about.
2. If we do talk about something interesting to us, we're afraid that the others will not be interested in our topic of choice.



If that sounds familiar to you, I'm here to help! The purpose of this book is to help you tackle both of those roadblocks so that you'll become more confident in sharing what's important to you with others. Sharing what's important will help stimulate meaningful conversation that will undoubtedly lead to making lasting friendships.

The Obstacles.

#1 Don't know what to talk about.

You'll discover what to talk about through the journaling prompts.

If you want to know someone you have to give them something to know about you. If you don't know what to talk about, this book will not only help you get to know yourself so that you can share with others, but also give you a few suggestions on what to share and how to share with others.



The Obstacles.

#2 You're afraid that the others will not be interested in your topic of choice.

This is the dreaded fear of rejection that dwells deep inside all of us.



I've said it once, and I'll say it again: The way to get to know someone is to give them something to know about you. This means you must be vulnerable. This means you can get hurt. And, I get it, no one wants to be hurt.

Vulnerability is scary. That's why this book also contains a method to help you share what's important to you---without feeling the intense sting of rejection.

But before we get to that, let's go over a few key concepts...

Key Concepts.

Connection.

What is Connection? It is the time spent with another sharing the same emotions about a unique topic, event, person or idea. A connection is made when you and another person demonstrate that you both share similar feelings.

It can be one of (but not limited to) any of these 8 basic emotions: Anticipation, Anger, Disgust, Fear, Joy, Sadness, Surprise and Trust.

Examples

Connection: You both go to a scary movie. You enjoy it. They also enjoy it. Having conversation about the movie will be easy and free flowing. You'll feel connected.

Disconnection: You both go to a scary movie. You enjoy it. They are disgusted by it. Having conversation about the movie may be difficult because your joy for the movie is likely to be met with their disgust. You'll likely feel disconnected and reluctant to share your joy.

Key Concepts.

Connection continued.



You can replace the movie with any topic, event or idea for more examples of connection and disconnection. The more important the topic, event or idea is to you, the more upset and hurt you may be by the disconnection.

However, to make meaningful conversation, we must be vulnerable and talk about things that are meaningful and important to us. Yes, we take a risk in getting hurt. But vulnerability is a part of life and necessary to navigate on our way to make lasting friendships.

Key Concepts.

Vulnerability.

What is vulnerability? It is the quality or state of being exposed to the possibility of being attacked or harmed, either physically or emotionally.



When you expose yourself, or open yourself up, it means that you are sharing how you feel about something important to you. You are offering a connection with the hopes that they will accept.

Yes, it's risky and you can get hurt. But did you know that being vulnerable can also empower you?

The Power of Vulnerability

When you open up to others, two remarkable things happen.

1. You are empowered to decide whether that person is going to be a good fit for you.
2. You create a safe space that invites them to open up to you.

Key Concepts.

Vulnerability.

Many people don't see these options and only focus on the pain of the disconnection and intense discomfort of rejection that comes from being vulnerable.

Over time, those who are constantly rejected may develop a pattern of hiding from others. Hiding means that you will not express how you feel about topics, events or ideas and so on.

Hiding makes it impossible to develop meaningful conversation and close friendships because the one who hides does not show any vulnerability that will allow another to connect.



Key Concepts.

Sharing the JIST of you.

When connecting with new and unfamiliar individuals, I recommend that you share the JIST of you.

Talk about moments in your life that contain all 4 attributes:
Joyful, Important, Secure and Truthful.



The topic/subject/event that you chose to share must have a joyful feeling attached to it. It must be about something that's important to you and you're also secure about. And let's not forget that it also must be truthful.

Sharing the JIST of you when attempting to connect creates vulnerability, shows your best self and most importantly empowers you against rejection.

Key Concepts.

Sharing the JIST of you continued...

Joyful.

It's generally safer emotionally to connect on joyful moments. It is because those joyful moments are usually lighter and encouraging. Both you and the person you're speaking with will be connected in an experience that both of you will likely laugh at, be inspired by or feel some other positive emotion.

Important.

The subject has to be important to you because friendships are on a deeper level than acquaintances. Be real with them.

Secure.

Be secure in what you tell them so you don't appear desperate for their approval or companionship. Remember that as a friend, you are equals. You don't need their approval. You just want to know how they feel. This is very important! Without this, if they don't feel the same as you, you may feel rejected and take it personally. When you are secure, you will interpret their feelings as useful information about their preferences.

Truthful.

Talk about something truthful so that you can demonstrate trustworthiness. You're actually testing to make sure they are capable of seeing and believing your truth.

Let's work.

Get ready.

Now that we've gotten the terms out of the way, let's get to work with some actionable steps for you. To make meaningful conversation and lasting friendships, follow these three steps.



Action Steps.

Step 1

Learn about yourself. That's what the journal prompts are for. Recall and write events in your life that have impacted you in both small and large ways. Be sure to write about how you feel about those events, ideas, people, etc.

Step 2

Share the important and interesting tidbits about yourself as a story. Remember that connection is made when we share the feeling associated with the event, so be sure to attach a feeling to your story. Here are 8 basic emotions: Anticipation, Anger, Disgust, Fear, Joy, Sadness, Surprise and Trust.

Step 3

Decide who is worthy of your time and friendship. While talking to others, they are going to react and respond to what you share. Based on their reaction, you are then empowered to decide whether you want to be connected to them or not. Use the JIST method to help you with this.

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Journal Prompts

These prompts are meant to get you thinking about an event that happened in your life. Write your story. Be sure to describe how you felt.

Take the questions as far as you'd like to go.

Keep in mind! The more detail you write...

- the more you get to know about yourself.
- the more your personality shines through.
- the better the story you'll have to share.

Prompts 1 -5.

1. What is the worst activity you've ever tried? What made you try it?
2. What is your favorite way to waste time? How do you start doing it?
3. Are you good at keeping secrets? What are some secrets that you have or haven't kept?
4. Do you think there is life after death?
5. What is one thing you'd change about growing up with your family?

Remember something
JOYFUL.

Prompts 6 -10.

6. What is one thing you won't admit to yourself?

7. Has anyone you really liked thought of you as only a friend?

8. What is the biggest problem you've ever solved?

9. What was the last kind thing you've said to yourself?

10. Have you ever had anything stolen?

What's IMPORTANT to
you about this?

Prompts 11 -15.

11. Do you use public transportation? Why or why not? What do you like or not like about it?

12. Do you believe in astrology?

13. Are you more like your mom or dad? In what ways?

14. What's the strangest thing you've ever eaten?

15. What keeps you busy most days? What do you enjoy about it?

Are you SECURE
about this?

Prompts 16 -20.

11. Do you work well under pressure? What proof do you have that do (or do not) work well?

12. What does the world need more of?

13. How do you handle panhandlers? What experiences have you had that helped form this attitude?

14. What do you do first thing in the morning? How did you develop that habit?

15. What current event are you tired of hearing about?

Be real.
Speak your TRUTH.

Prompts 21 -25.

21.What are you allergic to? Have you ever been really sick because of it?

22.What is your definition of a soul? Where/how did you determine or discover that meaning?

23.Are you possessive? If so, what have you done to demonstrate this?

24.What can you do with a deck of cards? Play games, do magic tricks, build a house or nothing much? How did you come to learn to do those things?

25.Do you shout out the answers when watching a game show on TV?

Be brave.
Be VULNERABLE.

Prompts 26 -30.

26.What's your favorite subject to share with others? What's so interesting about it?

27.If you had a child with a famous person, who would it be? What's attractive about them and how do you imagine you'd meet?

28.What is your favorite (or least favorite) smell?

29.Do you have any family traditions?

30.What is something that you believe is worth fighting for? What makes it so important?

Share & create
CONNECTION.

Prompts 31 -35.

31. Have you ever taken anything from a hotel?

32. What's your favorite grocery store? What makes it your favorite? The prices, service, food selection, etc.?

33. Do you eat leftovers?

34. Have you ever taken the advice to "sleep on it" before making a big decision?

35. Have you ever passed out? If so, what was the reason?

Remember any little
DETAILS?

Prompts 36 -40.

36.If you became rich, would you still work? What amount of money would you consider to be “rich”?

37.On a cold winter’s night, what warms you up?

38.What do you consider yourself an expert at? How did you acquire that skill?

39.What was the best present you’ve ever received?

40.Are you a good judge of character? When has this been (or could have been) useful to you?

You have PLENTY
to talk about.

Prompts 41 -45.

41. Have you ever helped someone through a rough time in their life? A break up? A lost job, family member or friend?

42. What three things do you think of most days? What makes these three things interesting and important to you?

43. Has any of your biggest fears come true? How did you navigate it?

44. Do you think you could beat a lie detector test? Have you ever had to try?

45. Would you rather ask permission or apologize later? What are some experiences that you either asked or apologized?

Keep thinking, writing
and DISCOVERING.

Prompts 46 -50.

46. Do you come from a large or small family? What were holidays and social gatherings like for you?

47. Do you believe that you're successful? Define success however you like and write about what experiences have contributed to your outlook.

48. What is the largest amount of money you've spent at one time? What was it for? Was it worth it? Do you still have the item?

49. Can you cook? If so, what foods do you make? How did you learn? If not, what foods do you make for yourself? Does it interest you to learn?

50. What promise have you broken? What impact did it have?

Go make MEANINGFUL
conversations.

Storytelling Bonus.

Your Origin Story.

With each person you meet, you will have to decide which stories and what details you want to share. However, there is one story that you will always need to share with anyone who you really want to get to know. It's your origin story!



The origin story will always be useful when meeting new people. The more you tell it, the more refined it will become.

Where and how did you grow up? What were some significant events that happened that shaped your life as it is now? If you can, share what events had happened on the very day of meeting the person with whom you're sharing your origin story.

I'm here for you.

Get more support making meaningful friendships.

Are you ready to have someone take the guess work out of what and how to connect with others? Would you like for someone to provide you with a clear structured path to making lasting friendships and building community?

That's exactly what I do with Patterns of Possibility.



Instead of spending hours online battling one-sided conversations, being ghosted and navigating toxic relationships that hurt your confidence, work with me. You'll be reassured and guided towards the friendships you deserve. You'll never be left wondering what your next step is. Break the pattern and find a new life of possibility with friends!

Contact me with your questions at patternsofpossibility@gmail.com or schedule a complimentary 30 minute close connections assessment at this link.

<https://calendly.com/patternsofpossibility/friendly-conversation>