

Core values: risk and opportunity

CONNECTION

People like to feel connected to others and/or a part of something bigger than themselves. People like to feel that they belong - it gives them social identity and a place in a community. People need to have interests and hobbies that they can lose themselves in and day-dream.

Relational cultural theory, Motivational interviewing, Emotional intelligence, Relational flow, Appreciative enquiry, Choice theory, Sociometry

Times when I have chosen to connect with someone and/or belong to something

Times when I have chosen NOT to connect with someone and/or belong to something

What are the risks associated with this choice

What are the risks associated with this choice

What are the opportunities associated with this choice

What are the opportunities associated with this choice