Levels of Connection

In order to heal from inter-personal trauma, we need to learn to connect to others again. Depending what you've been through though, connection may seem very scary and overwhelming Thankfully, we can begin by connecting where it feels safe and then work to deepen our level. Here are the levels of connection. Where do you feel safe connecting? How could you challenge yourself to connect at the next level?

Connecting to fictional characters in books, movies and shows

Feeling connected to real people but the connection is one sided (i.e. a YouTuber or a Podcaster)

Connecting to people virtually, in a written format (i.e. on reddit or Facebook)

Connecting to people virtually, about light subjects

Connecting to people in-person, on light subjects

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Connecting to professionals about our problems and struggles (i.e. a therapist or doctor)

Connecting to people in-person, about our problems or struggles

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