THE INTERNAL ATLAS

# DEEPER

## *Connections*

A reflection guide for exploring the relationships, support, and connection in your life.

EXPLORING THE MANY PATHS TO HEALING

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# BEFORE YOU BEGIN

*Connection can look different for all of us.*

It's easy to think about connection in terms of how many friends we have or how often we see people. But being surrounded by people doesn't always mean we feel connected.

Sometimes it's about having someone you can call when you need to talk. Someone you can laugh with. People who make you feel supported, understood, or simply more like yourself.

And sometimes, without really realizing it, those connections can start to take a back seat. Life gets busy. Work gets busy. We get caught up in everything we're supposed to be doing, and relationships we care about don't always get the time or attention we want to give them.

This guide is simply a chance to pause and take a look at that part of your life.

Not to judge your relationships or decide what they should look like. Just to notice what feels good, what might be missing, and what you may want more of.

*Start where you are. See what comes up.*



# TAKE A LOOK AT YOUR CONNECTIONS

*Don't overthink these. Write down whatever comes to mind first.*

## 01 — WHO MAKES YOU FEEL MOST LIKE YOURSELF?

Think about the people you can relax around, laugh with, be honest with, or simply feel comfortable being yourself.

## 02 — WHO DO YOU WISH YOU SAW OR TALKED TO MORE?

Someone may come to mind immediately. It could be a close friend, family member, old friend, or someone you've simply lost touch with.

*Just notice what comes up.*



# LOOK A LITTLE DEEPER

*Now think about where you feel supported—and where you may be wanting something more.*

## 03 — WHERE DO YOU FEEL MOST SUPPORTED?

Who are the people you can turn to when you need encouragement, advice, help, or simply someone to listen?

## 04 — WHERE DO YOU FEEL LIKE SOMETHING IS MISSING?

Maybe you want deeper friendships, more time with the people you love, more fun, a stronger sense of community—or something completely different.

*Notice what comes up.*

## 05 — WHAT ARE YOU NOTICING?

*Looking at your answers, is there a person, relationship, or kind of connection you keep coming back to?*

## 06 — WHAT WOULD YOU LIKE MORE OF?

More time together · Deeper conversations · Fun · Support · Community · New friendships · Feeling understood · Shared interests · Something else

*Notice what you're drawn to.*



## 07 — WHAT WOULD YOU CHANGE?

*If you could change just one thing about the way connection shows up in your life right now, what would it be?*

## 08 — WHAT'S ONE SMALL STEP YOU COULD TAKE?

Maybe it's sending a text, making plans, calling someone you miss, joining something new, or simply making a little more room for the relationships that matter to you.

*It doesn't have to be a big step.*



# A NOTE FROM ERICA

One of the things I'm learning is how easy it is to let relationships take a back seat.

Life gets busy. Work gets busy. And sometimes the people and connections that matter to us don't get the time or attention we want to give them.

I'm also learning that taking care of ourselves isn't only about food, exercise, sleep, or stress. The people in our lives matter too.

This guide is simply a chance to notice those connections—and maybe make a little more room for the ones that matter to you.

**Reach out. Make the plans. Notice what feels good.**

*And keep exploring.*

Erica Pitts
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