

The Power of Real Connection



For all of the connectivity we have in this modern world, the fact is, we have become the most disconnected bunch of people in all of time! We break off relationships by email, announce deaths on social media, text to people in our own homes—all in the name of efficiency. The cost, of course, is reduced emotional intimacy and less meaningful relationships.

So in the interest of leveling up our connections with others,
I invite you to play *Connectivity Bingo* with me.

Let's extend our connectivity beyond the people that we know. Work to leave an impression these next few weeks. Be the breath of fresh air on the phone with customer service, even if you are not feelin' it. Make a point to look the barista in the eye and thank them sincerely. Look for a reason to do something kind for a stranger.

Have fun with this and try doing more than just reading the list of activities!
(Drop me a line when you hit Bingo at Sheree@fork-road.com)

But Sheree, what if someone I care about doesn't want more connection?

- If someone has a fear of intimacy, here are some tips to keep in mind.
- First, be patient. Building intimacy is possible, but doesn't happen overnight.
- The person with the fear needs to be the one who wants to overcome the fear. Encourage them, but don't try and force them to do anything.
- Consider counseling or therapy. If the person does not want to seek help, you might still benefit from speaking to a professional. A pro can help you learn strategies that will make coping easier.
- Consider that if the person who fears intimacy won't open up to you, perhaps it's time to end the relationship.

FORK IN THE ROAD
with sheree clark

Connectivity

B - I - N - G - O

Answer via voice instead of text/email

Send someone a card

Open up first. Share something intimate

Invite a friend to have coffee

Invite someone to try something new with you

Go for a walk with a loved one

Say the person's name when you say "hello"

Ask questions in conversation

Celebrate something or someone

Share a recipe with a friend

Share something that is troubling you

Do not judge anyone today

Live your life for you

Write a letter and mail it

Smile at everyone you meet today

Relive a memory with a friend

Turn off all devices while with loved ones

Make eye contact

Play 21 questions with a friend

Call someone just to say hi

Send a friend an article that relates to them

Give a sincere compliment

Offer help before it is asked for

Hug someone

Ask a friend for a new recipe