

Connectedness Inventory

(from *The Me I Want to Be* book, page 193)

1. When something goes wrong, do I have at least one friend I can easily talk with about it? Yes No
2. Do I have a friend I can drop in on at any time without calling ahead?
Yes No
3. Is there someone who could accurately name my biggest fears and temptations? Yes No
4. Do I have one or more friends whom I meet with regularly? Yes No
5. Do I have a friend I know well enough to trust their confidentiality?
Yes No
6. If I received good news like a promotion, do I have a friend I would call immediately just to let them know? Yes No