

Thank you for purchasing

What Happened to My Friendships?

Five Steps to Navigate The Social Distancing Crisis

by

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Introduction
What is Happening To Us?

“The power of community to create health is far greater than any physician, clinic or hospital.”
~Mark Hyman~

Questions to Explore

1. When the pandemic started, what were you emotional about or fearful of for yourself, others, or the world?
2. How did your survival brain versus your emotional brain react to the changes in the first half of 2020?

If you really want to learn about the connections between our body, our brain, and trauma, I highly recommend the book *The Body Keeps the Score* by Bessel van der Kolk. It's been on the New York Times Bestseller list more than once, and has proven to be a valuable resource for individuals with very different backgrounds.

**Chapter One:
Behind the Masks | Scouting Your Inner Terrain**

“To be fully seen by somebody... and be loved anyhow—
this is a human offering that can border on miraculous.”
~ Elizabeth Gilbert, *Committed: A Skeptic Makes Peace with Marriage*~

Questions to Explore

1. Where do you experience confirmation bias and belief perseverance? How has that created ruts or resources for you and those you interact with?
2. How have you judged others for their actions or beliefs around the pandemic, without perhaps understanding their reasoning or purpose for the choices they made?

**Chapter 2:
Stay Safe | Strategizing your Intention & Safety**

“Our capacity to destroy one other is matched by our capacity to heal one another. Restoring relationships and community is central to restoring well-being.”
~ Bessel Van der Kolk, M.D. Author, *The Body Keeps the Score* ~

Questions to Explore

1. Where did you create (or fail to) safety for yourself and others? Where could you have looked deeper at the root of your words, tones, and/or actions towards others?
2. In what situations or conversations do you have a hard time staying open and communicating clearly? Write down some ways you can frame your position so others can hear it better, as well as some ways you may be able to listen in a different way so you can understand why they think the way they do (even if you still don't agree).

**Chapter 3: Elbow Bumps or Hugs
Tackling the Mountain of Wants, Needs & Consent**

“The traditional meaning of consent means agreeing to something someone else wants: ‘I consent to X.’ In this meaning, you ‘give consent’ or ‘get consent.’ I’d like to expand the definition and think of consent as being an agreement that two or more people come up with together. You don’t give consent, you arrive at consent—together.”

~ Betty Martin, *The Art of Receiving and Giving: The Wheel of Consent* ~

Questions to Explore

1. What do you want and need in order to feel safe in controversial conversations?
 - Think about the tone you want yourself and others to use.
 - What tools can you use (like breath, EFT tapping, or compassionate listening) that could help you hear others whose opinions challenge your own?
 - What might be a way you can redirect or stop a conversation if you feel yourself getting heightened emotionally?
2. Is there a way you can create a boundary before entering certain situations that helps prevent angry or upsetting situations from happening? What might be the clearest way to do that?

(Ex. Before meeting a friend for lunch, ask over the phone if there can be an agreement not to talk about certain subjects so you can both enjoy and have fun. Calling instead of texting allows for tone and intention to come through more clearly and may prevent a non-desirable reaction.)

Chapter 4: Reopening Spaces and Hearts

Scaling the Challenges with the 4 C's Curiosity, Compassion, Communication, Commitment

“I define connection as the energy that exists between people when they feel seen, heard, and valued; when they can give and receive without judgment; and when they derive sustenance and strength from the relationship.”

~ Brené Brown ~

Questions to Explore

1. Make a list of ideas or beliefs you hold at each level, from 1-5. Do you notice a pattern?
 - Why or how did you make it to this level?
 - How does it serve you, protect you, and/or benefit you to have attachments at higher levels? (Ex: By being religious at a level 4, I won't disappoint my dad and I know I'll get into heaven.)
2. Write down the questions and statements you will use to demonstrate and communicate curiosity and compassion.

Chapter 5: Choose Your People and Your Mandates Interacting with the Collective

“In every community, there is work to be done. In every nation, there are wounds to heal.
In every heart, there is the power to do it.”

~ Marianne Williamson~

Questions to Explore

1. Choose one or two communities or cultures you are part of. What are possible shifts that could be made to strengthen them as a whole? How can you support or instigate those shifts?
2. What communities currently nourish you, and what is it that makes you feel nourished by them? Write down the qualities you observe. What communities do you prefer to avoid, and what is it about them that prevents you from feeling nourished?

Conclusion Replacing Awkward with Acceptance

“There are only two ways to live your life. One as if all that matters is to have someone love and accept you. The other is as though loving and accepting another person is all that matters. Often, when you choose the second, you get the first.”

~ Shannon L. Alder~



A Special Invitation from Dawn

This book was written to encourage people to look deeply towards others with compassion to more mindfully connect and heal ourselves, our relationships, and the communities that surround us.

If you have been challenged and/or inspired by this book to reach deeper within, and connect with others in healthier ways, you don't have to do it alone.

If you need or want more support,
or want to hire Dawn to inspire your audience, please go to

www.TouchRemedies.com

[or www.NatureOfRelationships.com](http://www.NatureOfRelationships.com)

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