

Journal Prompts for Seeking Connection

1. What kind of connection am I truly craving right now—emotional, spiritual, social, or something else?
2. When in my life have I felt deeply connected—and what made that feeling possible?
3. Am I open to receiving connection, or am I unknowingly guarding myself from it?
4. What thoughts or fears might be keeping me from reaching out or showing up authentically?
5. What does genuine connection feel like in my body, mind, or heart? How do I know it's real?

6. In what ways can I reconnect with myself first—to make space for deeper connection with others?

7. What environments, people, or practices make me feel most seen and supported?

8. What small, intentional step can I take today to move closer to the connection I desire?