

## Desire and Ability to Connect Exercise

Imagine your job or career has ended, and most, if not all, the connections you made through your job have ended – complete the assessment from that perspective.

This assessment is not about having the answers. It's about noticing where you are — honestly and without judgment. Rate each statement using the scale below:

1 = Strongly Disagree | 5 = Strongly Agree.

Name: \_\_\_\_\_ Date Completed: \_\_\_\_\_

### 1. Connection Desire

Statement	Score (1–5)
I enjoy spending time in conversation with other people.	
I am curious about others and like learning their stories.	
I find it effortless to find something meaningful to talk about.	
Being with people energizes me.	
I seek connection even when there is no specific goal.	
When I have free time, reaching out to someone is a natural choice.	
I prefer face-to-face or telephone conversations over texting or emailing.	
I feel good when others open up to me.	
I assume most people are interesting and worth knowing.	
Building relationships is important to me.	

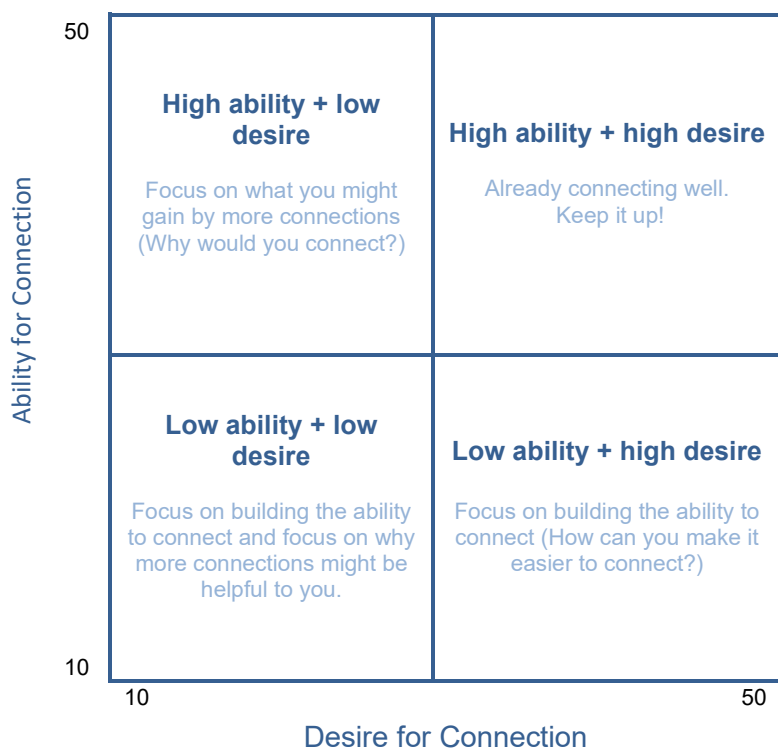
## 2. Connection Ability

Statement	Score (1–5)
I have the emotional energy available to invest in relationships.	
I am present and attentive when I am with other people.	
I follow through when I say I will reach out or stay in touch.	
I make time for connection even when life is busy.	
I can listen without needing to fix or advise.	
I feel comfortable being honest about how I am really doing.	
I maintain boundaries that protect my energy.	
I recover well after social interaction.	
I initiate a connection rather than waiting for others to do so.	
I consistently nurture the relationships that matter most.	

Before moving on, take a moment to reflect on each question by highlighting any questions that you scored 3 or below. These are potential areas for future action or focus.

# The Connection Assessment Map

(ability to) or CAN you connect versus (desire to) WHY you would want to connect?



### Instructions:

1. On the vertical axis, place a mark qualitatively estimating your ability (available energy and recovery) for more connections
2. On the horizontal axis, place a mark qualitatively estimating your desire (genuine appetite) for more connection.
3. Draw horizontal and vertical lines from each mark you placed on each axis. At the intersection of the line on the map, place a large dot.
4. The point of intersection is your focus

### Notes:

- *This activity is for informational purposes only. It is not intended to be a precise measurement or prescriptive.*
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- *Every Quadrant is valid. The quadrant labels describe conditions not worth.*

What observations do you have based on this assessment?
