

# Communication

## Methods?

PAUSE: The ways and amount of time that you need to communicate with one human in your life does not mean it is the same for all the people in your life. Each connection can grow uniquely.

• IRL  
• 1:1  
• Group  
• Phone/Voice Live  
• Face/Video Live  
• Text/Messenger  
• Audio Recording  
• Video Recording  
• Email  
• Mailed Letters  
• Music  
• Pebbling  
• Memes  
• Gifts  
• Visits/Hangout  
• Date Nights

## Duration?

• Short - Term  
• Long - Term  
• Season  
• Reason  
• Ebb & Flow  
• Uncertain  
• When Opportunity Calls  
• Lifetime

## How Often?

• Daily  
• Weekly  
• Monthly  
• Annually  
• Seasonally  
• Sporadically  
• Consistently  
• Ebb & Flow  
• When Opportunity Calls  
• Major Life Updates

PAUSE: Do I want exclusivity? Now? In the future? Ever? Never? Is exclusivity my normal?

## Approach

## Exclusively?

• Sexual  
• Romantic  
• Emotional  
• Social  
• Physical  
• Monogamy  
• Polyamory  
• Ethical Non-Monogamy  
• Uncertain  
• Other  
• Does not apply

More Space to Make Notes or Doodle...

## Discussion Tool

This tool assists humans in forming, growing, developing, de-escalating, and changing their connections and relationships with other humans. It supports a conscious approach to forming meaningful relationships and intentional community. This helps to bring transparency and conscious conversation to your relationships. Do not focus on societal ideas of what a relationship "should" be, but on what you want to create together. C

Connect with Trish Simone Wild, Intuitive Coach & Educator for resources and support at [sassybonesep.com/ccc](https://sassybonesep.com/ccc)

Tip: Revisit this every 6-12 moon cycles/months. Have a check-in and see what's blooming, what needs to be cared for, and what needs reconsidering.

This worksheet has been modified from work by Lyrica Lawrence & Heath Orr, Maxx Hill & Phoenixy, George Akolade

Download the Supplemental Resources from Trish Simone Wild at [sassybonesep.com/CCC](https://sassybonesep.com/CCC)

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# cultivating conscious connections

by TRISH SIMONE WILD

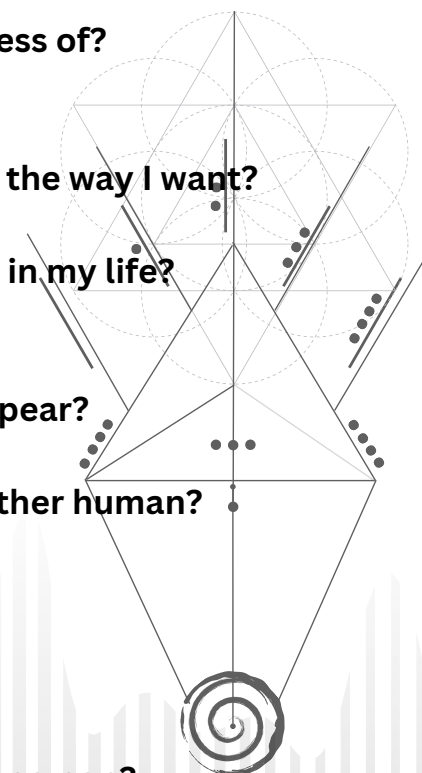
Start by Asking Yourself:

A tool to help humans construct and care for **all types of relationships**: friendships, chosen families, kin, platonic, romantic, creative, sexy, and all the rest of the humans we care about in our lives.

**Growing conscious relationships** takes communication and courage. This tool is a place to start cultivating important conversations around boundaries, expectations and agreements for new and reconciling humans.

WORKBOOK  
Version 1.0

- Do I have as many close connections with other humans as I would like to have?
- Am I creating relationships that I want, or am I just doing what I have been taught and socialized to do?
- Do I stumble into relationships or am I choosing them?
- How do I want to feel when I am with people? Feel more of? Feel less of?
- Do I feel safe asking my connections for support?
- Does this relationship have reciprocal energy exchange?
- Do I feel the need to lie to one human to foster this connection in the way I want?
- Am I comfortable with giving and receiving honest intimacy?
- What do I want to feel or experience more/less of with the people in my life?
- Am I healed enough to support this connection?
- Am I the person I want to be in this relationship?
- Would this relationship cause me to yearn for it if it were to disappear?
- Does this relationship help me grow and thrive?
- Am I connecting with my fear, anxiety, or trauma more than the other human?
- Am I ready to be vulnerable with this person?
- Do I trust and have a foundation with this person?
- Am I communicating openly and honestly with myself and them?
- Do I find myself wanting more or less time with this person?
- Am I asking for things I cannot or do not want to offer in return?
- To what level do I want to build a conscious relationship with this person?
- If the other human does not want the same things as I do, am I prepared to be honest?
- Am I able to compromise if it means staying connected to this person?
- Has this connection followed its natural flow, or do I desire it to shift in some way?
- Am I ready to grow and change as I cultivate my connections more intentionally?
- Do I understand this information? Do I need more explanation before I am ready to use this tool to cultivate the connections in my life?



PRINT Instructions: Print d/s horizontally on 11x17 paper. I tested it at Staples and Office Depot.

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