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.

1RL 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

> > Approach

Exclusively?

How Often?

Sexual Romantic **⋒Emotional @Social** Physical Monogamy

Daily Weekly

Seasonally Sporadically

Monthly Annually

Consistently DEbb & Flow

When Opportunity Calls

Major Life Updates

PAUSE: Do I want exclusivity? Now? In the future?

Ever? Never? Is exclusivity my normal?

● Uncertain **●** Other Does not apply

Duration?

Short - Term Long - Term

Season Reason

Ebb & Flow Uncertain

When Opportunity Calls Lifetime

More Space to Make Notes or Doodle...

Discussion Tool **V**



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

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 & Phoenyx, George Akolade

Download the Supplemental Resources from Trish Simone Wild at sassybonesep.com/CCC @TrishSWild @SassyBonesEP Follow:

cultivating conscious connections

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.

Start by Asking Yourself:



- 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.

cultivating conscious connections

Emotional Intimacy

■ Emotional Support **⋒Grief, Trauma, Loss Support (** Confidant **(** Consistency **(** Empathy Seeking Advice Deep Trust Showing up when needed

Shared Activities/Interests Intellectual/Philosophical Core Vales Deep Conversations Embracing change in one another **↑** LifeLong **↑** Travel Buddy Mindred Spirits

Affection

Public Displays

♠ Feelings of affection/endearment

Nicknames/Terms of Endearment

Close body proximity/knees touching, etc.

Deep Friendship Romantic

Feelings of NRE/Romantic Love

Emotional Attraction

M Dating **M** Courtship

Romantic Kissing

♠ Chemical reaction

Companionship

Social Intimacy

Start here

Seen together in public Outings DEvents Holidays Nisiting each other's home Social Media 1:1 Hangout **Morkout Buddy** Meeting family Meeting friends Meeting Kids

Name of other human:

Your Name:

Where you start depends on where you want to go.... Pick a garden that sounds most like what you want to grow with the other human and go from there... Creative &

Intellectual Intimacy

Art

legal

Marriage Co-Parent Civil Union Trusts Wills Beneficiaries Living Will NDR Adoption

LLC Power of Attorney

Music Theatre Crafts Comedy Improv Dance Projects **↑**Teaching **♠**Mentoring Songwriting Workshops **Organizations Business Partners** Business Ventures Volunteering Activism **Community**

Physical Intimacy

MFetishes **M** Kink

NPower Exchange

Quick Hugs Long Hugs **■** Body Contact **■** Snuggles **■ Cuddling ■ Massage ■ Hand Holding** Dancing ""Dirty" Dancing Arm-in-Arm Peck on Lips Peck on Cheeks Kissing Co-Sleeping Spooning

Get into the weeds...

Get detailed on where, when & how.. Shared Bed Shared Room Separate Rooms Stay at my place anytime Stay at my place sometimes* Stay somewhere else Make yourself at home Partial Nudity 🥼 Full Nudity Nudity only in space that everyone is nude (spa, etc.)

Financial

Money Accounts Payments Mortgage/Rent Financial Support (Child Support Beneficiary Assets Vehicles **Entangled Finances**

Domestic

Metaphysical Intimacy

Lovemaking Romantic Touching/Caressing

Romance

Sexual Intimacy Sexual Activities **M** Genitals **M** Intercourse **M** Petting Plant Your Own Aftercare Oral MOrgasms MFWBs Group sex Orgies Play Parties Clubs Booty Calls

BDSM

Separate Nesting Noommates Routines **Occording Together** Chores **♦** Shared Resources **Shared Responsibilities**

Caregiving

Emergency Mealth Grief/Life Changes Giving Receiving Child Care/Guidance Co-Parents MHousesitting MPets Plants (Kin (elderly/ill/injured)

(Space to Make Notes—

Prayer Worship Soul Work Mystical Forest Bathing Plant Medicine Journey Metaphysical Shared Vision Shared Mission Sacred Activation Melping Earth Kindred Spirits **Karmic Connection** Soul Friend/Group Galactic Connection Past/Future Life Mirror Soul Journey Witchy Stuff

Spirituality

Aliens?!

Magick!

Rituals