

# What Connection Means to Me

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

Answer the following questions. Try to be as specific as possible in your answers:

When I feel connected in a spiritual sense, I am...

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When I feel connected, my thoughts are...

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When I feel connected, my feelings are...

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When I feel connected, my body is...

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When I feel connected, my spirit is...

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