

Handout 2: Social Relationships and Activities—Pleasant, Engaging, and Meaningful

Think of specific examples that could provide opportunities for social involvement during Act III. Examples: ALA, CLA, alumni association, sports teams, charitable organizations, educational opportunities, employment, environment groups, extended family; faith, arts, or political organization, and others.

PLEASANT RELATIONSHIPS: what type of involvement would I like to explore based on just having fun? These are social activities, memberships, etc. that allow me to pursue my interests and could create a shared sense of enjoyment with others.

ENGAGING RELATIONSHIPS: what type of involvement would I like to explore based on using or developing my strengths? These are social activities, memberships, etc. that would present a challenge and could create a shared sense of flow with others.

MEANINGFUL RELATIONSHIPS: what type of involvement would I like to explore based on my values? These are social activities, memberships, etc. that would offer an opportunity to serve something larger than myself and could create a shared sense of purpose with others.

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