

Connect Group TOOLBOX

Authentic Community: Understanding Levels of Relationship

1. Cliché

- How are you?
- What have you been up to lately?

2. Facts

- Non-personal
 - What was the score of the game?
 - What is the weather forecast?
- Personal
 - What did you do today?
 - What have you learned recently?
 - What have you been reading lately?
 - What is your favorite color, food, song etc.?
 - What was one “upper” and one “downer” this past week?

3. Opinions

- What are your preferences concerning...?
- What are your beliefs about...?
- What do you think about...?

4. Hopes and Dreams

- If you could live any way you liked, how would you like to live?
- If you could live anywhere in the world, where would you like to live?
- What goals do you have for your life?
- What area of study would you like to become an expert in?
- If you could be famous for something, what would you like to be famous for?
- What would you like written on your tombstone? In your obituary?
- Who would you like to help? How would you help them if you could?
- What one thing would make you truly happy?
- Who are the people you'd like to learn from in life?
- What personal qualities do you hope to develop in the future?
- What skills do you hope to develop in your lifetime?
- What do you dream about being the best in the world at doing?
- What are 5 things you dream about having?
- What are 5 things you dream about doing?
- What are 5 things you dream about being?
- Who are 5 people or groups you dream about helping?
- What would you do if you knew you could not fail at it?

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Authentic Community: Understanding Levels of Relationship (cont'd)

5. Feelings

- When in our life have you felt special to others?
- Who in your life made you feel safe, loved, accepted? How did they do that?
- Who in your life made you feel the most rejected, devalued, abandoned, invisible?
- What are you most passionate about?
- What do you feel about:
 - Your relationship to God?
 - Your most significant friendship?
 - Your relationship to your parents?
 - Your relationship to co-workers?
 - Your reputation in the community?
- How secure do you feel in your life right now? (Why, or Why not?)
- How significant do you feel in your ability to contribute to others, to your community, to the world? (In what way? Why, or Why not?)
- Do you feel like you are becoming the person you want to be?
- Do you feel like you belong?
- Do you feel competent in your ability to build something of value?
- What are the biggest hurts have you experienced in the past?

6. Fears, Failures, Weaknesses

- What makes you feel like you don't measure up?
- What makes you feel like you are unlovable?
- What do you think would make others reject you?
- What are some lies you've been told in the past?
- What do you feel you must hide from others out of fear that they would reject you?
- What makes you feel ignored?
- What makes you feel rejected?
- What makes you feel humiliated?
- What makes you feel incompetent?
- What makes you feel like a failure?
- What makes you feel inadequate?
- What is your biggest fear in life?

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7. Needs

- Spirit – what do you need to thrive spiritually?
- Soul – what do you need to thrive in your relationships?
- Mind – what do you need to learn and grow in to thrive mentally?
- Strength – what do you need thrive physically?
- When have you experienced great joy?
- Describe what you think constitutes true happiness?
- How do you help others experience joy?
- What do you need in order to be secure?
- What do you need in order to be safe?
- What do you need in order to be significant?
- What do you need in order to be competent?
- What do you need in order to be powerful?
- What do you need in order to belong?
- What do you need to be clear about?
- What do you need in order to build something of lasting value?
- What do you need to know God better?
- What do you need to feel special to others?
- What do you need in order to feel like you are understood?
- What do you need in order to do something great?
- What do you need in order to achieve something that will last?
- What recognition do you need?

The Seven Levels of Intimacy: The Art of Loving and the Joy of Being Loved by Matthew Kelley