

People & Places

external



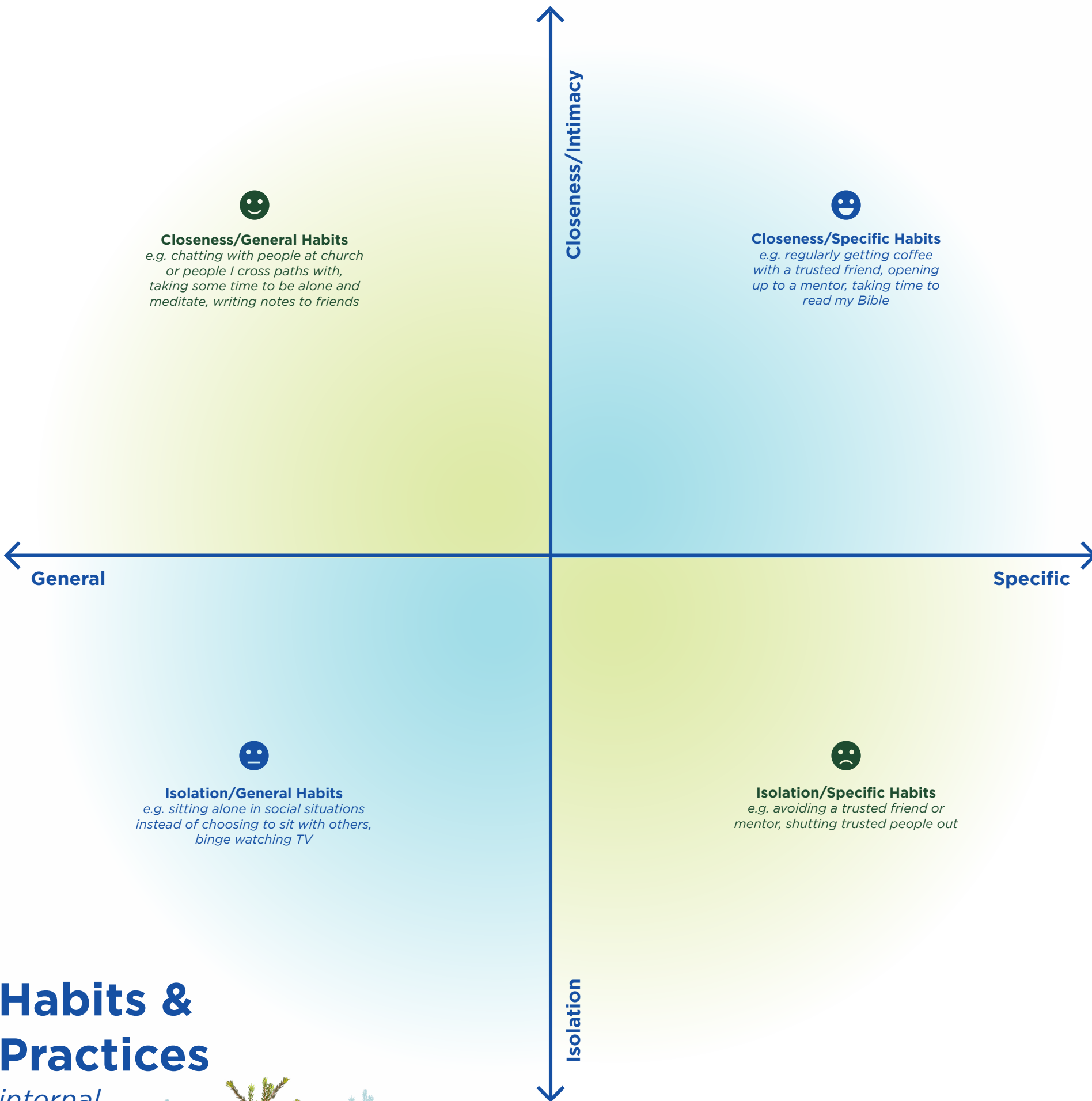
People & Places

What place or person are you feeling invited to spend more time with? When can you spend time at this place or with this person next?



Person and Place Matrix Instructions:

1. Print out the first matrix.
2. Get sticky notes and a pen.
3. Write down a *specific or general person and/or place* on a sticky note. For example, “grocery stores” or “crowds” are general. “At my work” or “my best friend” are specific.
4. Stick the sticky note to the matrix, reflecting on the extent to which you feel supported or isolated and whether this is a general person or place or a specific person or place).
5. Once you’ve done this for the people and places that are a part of your life which stick out. Look over and reflect on your matrix. *What do you notice? What stands out to you? Where do you feel close? Where do you feel isolated? Why do you feel close and supported in some situations, and isolated and stressed in others?*
6. Jot down what you notice along with the next time you can spend time with a specific person, or at a specific place, where you experience support and closeness to others. *How can you do this regularly?* You can print and put this on the *ticket* to keep with you as a reminder. Or schedule a reminder on your phone.



Closeness/General Habits
*e.g. chatting with people at church
or people I cross paths with,
taking some time to be alone and
meditate, writing notes to friends*



Closeness/Specific Habits
*e.g. regularly getting coffee
with a trusted friend, opening
up to a mentor, taking time to
read my Bible*



Isolation/General Habits
*e.g. sitting alone in social situations
instead of choosing to sit with others,
binge watching TV*



Isolation/Specific Habits
*e.g. avoiding a trusted friend or
mentor, shutting trusted people out*

Habits & Practices

internal



Practices

What practice helps you participate in places and relationships of closeness? When can you practice this next?



Habit and Practice Matrix Instructions:

1. Print out the first matrix.
2. Get sticky notes and a pen.
3. Write down a specific or general thing *you regularly do*—including *habits*—on a sticky note. For example, a general habit would be “thinking about what others think about me”. A specific habit would be “getting coffee with my friends on Thursdays”.
4. Stick the sticky note to the matrix, reflecting on the extent to which you feel supported or isolated while doing this thing.
5. Once you’ve done this for each behavior that comes to mind, look over and reflect on your matrix. *What do you notice? What stands out to you? What sorts of things do you do that contribute to communities of support and closeness? What about what contributes to isolation?*
6. Jot down what you notice along with the next time you can spend time doing something that leads to support and closeness. *How could this become a part of your daily life?* You can print and put this on the ticket to keep with you as a reminder. Or schedule a reminder on your phone.