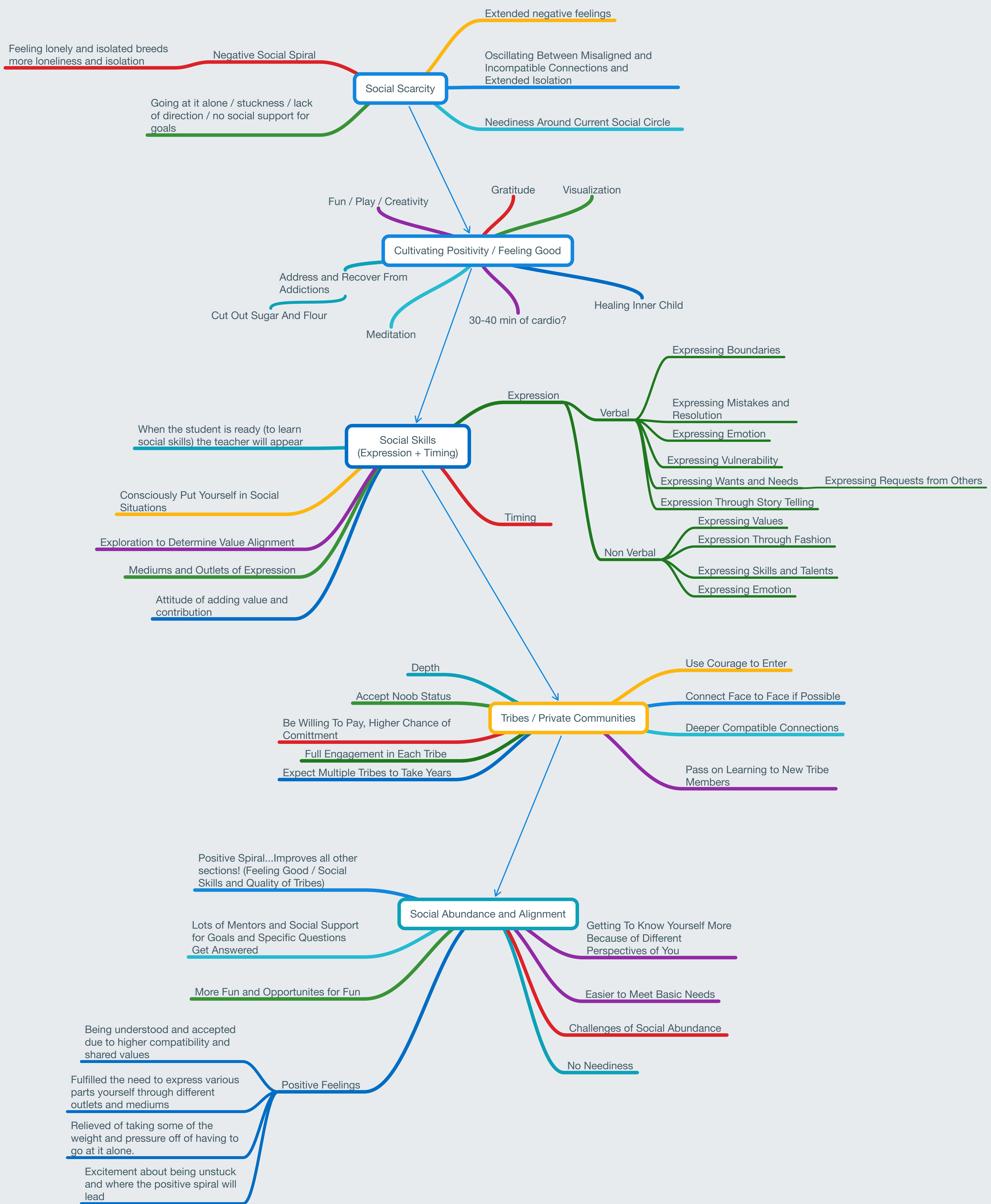


Social Expansion



Social Scarcity

Feeling lonely and isolated breeds more loneliness and isolation

Negative Social Spiral

Going at it alone / stuckness / lack of direction / no social support for goals

Extended negative feelings

Oscillating Between Misaligned and Incompatible Connections and Extended Isolation

Neediness Around Current Social Circle

Cultivating Positivity / Feeling Good

Fun / Play / Creativity

Gratitude

Visualization

Address and Recover From Addictions

Cut Out Sugar And Flour

Meditation

30-40 min of cardio?

Healing Inner Child

Social Skills
(Expression + Timing)

When the student is ready (to learn social skills) the teacher will appear

Consciously Put Yourself in Social Situations

Exploration to Determine Value Alignment

Mediums and Outlets of Expression

Attitude of adding value and contribution

Expression

Timing

Verbal

Non Verbal

Expressing Boundaries

Expressing Mistakes and Resolution

Expressing Emotion

Expressing Vulnerability

Expressing Wants and Needs

Expression Through Story Telling

Expressing Values

Expression Through Fashion

Expressing Skills and Talents

Expressing Emotion

Expressing Requests from Others

Tribes / Private Communities

Depth

Accept Noob Status

Be Willing To Pay, Higher Chance of Comittment

Full Engagement in Each Tribe

Expect Multiple Tribes to Take Years

Use Courage to Enter

Connect Face to Face if Possible

Deeper Compatible Connections

Pass on Learning to New Tribe Members

Social Abundance and Alignment

Positive Spiral...Improves all other sections! (Feeling Good / Social Skills and Quality of Tribes)

Lots of Mentors and Social Support for Goals and Specific Questions Get Answered

More Fun and Opportunitites for Fun

Getting To Know Yourself More Because of Different Perspectives of You

Easier to Meet Basic Needs

Challenges of Social Abundance

No Neediness

Positive Feelings

Being understood and accepted due to higher compatibility and shared values

Fulfilled the need to express various parts yourself through different outlets and mediums

Relieved of taking some of the weight and pressure off of having to go at it alone.

Excitement about being unstuck and where the positive spiral will lead

