

Relationships and Social Life

Which conversation stayed with me today?

Did I feel *genuinely understood* by anyone today?

Where did I feel *connected* to someone?

Where did I feel *disconnected*?

Is there something I wanted to say but didn't?

Did I respect my own *boundary* today?

Did I agree to something I didn't really want?

Am I judging myself based on someone else's reaction?

What relationship deserves more of my attention?

Am I comparing my real relationships with what I see online?

