

Connection Check Tool

Purpose

Connection doesn't have to be evaluated perfectly.
This tool helps you notice how interactions land—without judgment or pressure.

Right Now Check-In

Pause for a moment.

A recent interaction I'm thinking about is:

Notice the After-Effect

Without analyzing, notice how your body felt afterward.

After this interaction, I felt more:

- Supported
 - Drained
 - Neutral
 - Confused
 - A mix of these
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Honor the Information

There's nothing to fix here.

Choose what fits today:

- My body's response is valid
 - I don't need to label this connection as "good" or "bad"
 - I can trust what I noticed
 - Awareness alone is enough for now
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Carry-Forward Support

One gentle way I can care for myself as I move forward is:

Bridge the Gap Coaching

Connection leaves information behind. Noticing it builds clarity over time. The bridge holds as you carry forward.
