

# My Living Connected Journal





# Welcome!

In the year ahead, I would like to help you dig in and think more about introversion and friendships.

To help you do that, I have compiled the journaling questions from each chapter of my book *Living Connected: An Introvert's Guide to Friendship* into a booklet for you, focusing on one question per page.

So grab a pen and download and print the pages or save the booklet to your computer and journal electronically.

Feel free to download a section at a time, or download the sheets for two or three words that capture your attention. Consider passing on the pages to a friend and then agreeing to talk once a month about what you are learning.

If you choose to print and save your journaling pages, I have provided a cover page that will fit an 8.5 x 11" binder.

**HAPPY JOURNALING!**



# Honesty

How do you react to that word *honesty* in connection with friendships?



# Honesty

Do you tend to “overwater” friendships with too much self-revelation? Describe a situation.



# Honesty

Or do you “underwater” friendships by keeping most of your thoughts and feelings to yourself? Describe a situation.



# Honesty

How have you worked at knowing yourself?  
What more can you do?



# Honesty

Who in your life has taken honest, self-revelatory steps toward you? How did you react? What did you learn from this experience?



# Honesty

Do you have an honest, self-revelatory relationship with God? If not, how might you begin to cultivate this? If so, how does this relationship provide you fuel for building other relationships?





# Generosity

How have you experienced generosity in a friendship? What did it do for that relationship?



# Generosity

How have you experienced overgenerosity in a friendship? What did it do to your relationship?



# Generosity

Describe your go-to method of offering generosity: time, talents, words, possessions, money.



# Generosity

How and when do you most struggle to act generously?



# Generosity

How does seeing generosity as an openhanded and openhearted gesture challenge or encourage you in learning to incorporate it into your friendships?



# Generosity

How do you respond to the story of the five men in Mark 2? How might it nudge you in your relationship-building?



# Approachability

How easily do you approach people you don't know? What motivates you or holds you back?



# Approachability

Pay attention to body language during your next face-to-face interaction with someone. What did you notice about the other person's body language? What did you notice about your own body language? How did body language cues help you connect?





# Approachability

When you read the story of Jesus and the woman at the well (John 4), what stands out? How does this story challenge you as an introvert?



# Approachability

If you have a presence on social media, what words would an impartial observer use to describe it? What words would you like people to use to describe your social media presence?



# Approachability

What approachability technique can you adopt as you seek to connect with others in a quiet, thoughtful sort of way?



# Approachability

Write your own version of an Introvert's Initiator Mantra.



# Curiosity

How do you typically respond when someone asks the “deep” questions? How does your response affect your friendships?



# Curiosity

Did you grow up in a home that feared curiosity or embraced it?  
What do you think now?



# Curiosity

What do you think about the way Jesus asked questions?



# Curiosity

What settings (dining table, road trip, long walk) do you find make you most receptive to deep questions? How might you invite someone into such a setting for a discussion?





# Curiosity

What challenging social events do you face in the next few weeks?  
What questions might you take with you into those events to help you get to know people and feel more comfortable at the event?



# Curiosity

How might curiosity help you nurture a cross-cultural friendship?



# Curiosity

How might the phrase “Curiosity built the friendship” breathe new life into some of your relationships, including current friendships?



# Empathy

Think about the jobs you've had. How did empathy matter or not matter?



# Empathy

What struggles do you have with practicing empathy?



# Empathy

What strategies have you developed for coping with empathy overload? Try taking your emotional temperature for a week, several times each day. Record each day in a journal. What do you notice at the end of the week?



# Empathy

Describe a time when your imagination helped  
or hurt you in a relationship.



# Empathy

What struggles do you have with receiving empathy?





# Empathy

What do you take away from Nehemiah's response to the plight of his people in Jerusalem?



# Empathy

How do you approach prayer? How might you begin to pray for people whom you would like to befriend? Make a prayer list of two or three people.

Develop a reminder to pray—set an alarm on your phone, use visual landmarks on a walk in your neighborhood or drive to work, or post something on a mirror.



# Loyalty

How has loyalty served you in building relationships?



# Loyalty

How has acting “too loyally” affected your relationships negatively?



# Loyalty

What does loyalty mean to you as an introvert?



# Loyalty

When you hit a snag with another person, how often do you talk to someone else about it rather than talking to the person who offended you? Why?



# Loyalty

Think of a situation where things went askew in a friendship. How might applying the Matthew 18 principle have brought healing to this friendship?



# Loyalty

How do you respond to knowing that God did not give up on Job?





# Confidentiality

On a scale of 1 (low) to 10 (high), how do you rate yourself on confidentiality? How does that score compare to a score you would have given yourself ten years ago? Why?



# Confidentiality

Describe a time when a friend breached a confidence by telling something about you to another person (or people)? How did you feel? What did you do? What did you say to your friend? What happened to your friendship?



# Confidentiality

What do you think about striving to avoid ever talking about one person (not present) to another person?



# Confidentiality

How do you respond to the term “holy gossip”? Why? And how do you think faith in God teaches and challenges you in the realm of confidentiality within and without the church?



# Confidentiality

Think back on your week. What might you have said differently if you had had the SAR gossip vaccine?



# Confidentiality

As an introvert wanting to forge connections that matter, how might you extend the gift of confidentiality to an acquaintance as a first step toward friendship?



# Consistency

How would you rate yourself as a consistent friend on a scale of 1 to 10, 1 being not at all consistent and 10 being highly consistent?

Why?



# Consistency

What does the story of Daniel say to you about habits?





# Consistency

What friendship-building habits do you already pursue? How have they helped you live connected?



# Consistency

How could you develop a friendship-building habit or two or three by using the technique of “habit-stacking”?



# Consistency

Think about a time when you showed up for someone, or when someone else showed up for you, over a period of weeks or months. What happened to your relationship? What happened in your heart?



# Consistency

Describe a time when you let fear (of rejection or inadequacy or perfection or the unknown) keep you from showing up for someone. How do you wish you had handled the situation?



# Consistency

Take a few minutes to look back at previous chapters. As an introvert, which words do you want to define your relationships? Begin to craft your own Life Theme.



# Flexibility

On a scale of 1 (low) to 10 (high), how would you rate your flexibility in both the physical realm and in the emotional realm?  
Why?



# Flexibility

What do you struggle with most in terms of relational flexibility?  
Why?



# Flexibility

As an introvert, how do you respond to that word *flexibility*?





# Flexibility

What scares you in terms of relating to people? Why? What keeps you from addressing this fear? How might you take one tiny step toward addressing this fear?



# Flexibility

Describe a time when you bent too far in a relationship. What happened within you? What happened to the relationship?



# Flexibility

How have you found ways to live flexibly consistent as a connected introvert?



# Flexibility

How has your faith in God given you flexibility fuel for relationships? Or how might you begin to let your faith grow your flexibility in this area?



# Creativity

How do you define creativity?



# Creativity

On a scale of 1 (low) to 10 (high) how would you rate your current friendships on a creativity scale? Why?



# Creativity

How does the story of Ruth and Naomi speak to you  
about friendship?



# Creativity

Have you experienced friendship with an in-law? If so, what did you find life-giving about it? If you have not experienced this, what kept you from pursuing connection?





# Creativity

Have you experienced a cross-cultural friendship? If so, what did you find life-giving about it? If you have not experienced this, what kept you from pursuing connection?



# Creativity

Have you experienced a intergenerational friendship? If so, what did you find life-giving about it? If you have not experienced this, what kept you from pursuing connection?



# Creativity

In ten years, what story would you like to have built with a friend?  
What one step can you take this month toward crafting that story?



# Hospitality

What childhood memories do you associate with the word *hospitality*?



# Hospitality

As an adult, what role has hospitality played in your life? Why?



# Hospitality

Describe one in-house hospitality event that you enjoyed. Why?



# Hospitality

Describe one out-of-the-house hospitality event that you enjoyed.  
Why?



# Hospitality

Describe one hospitality event that went wacky.  
What did you learn from it?





# Hospitality

What have you learned about hospitality from extroverted friends and family members?



# Hospitality

Do you really believe that God will refill your introvert tank when you practice hospitality as a way of following God's command to "Love your neighbor as yourself"? Why or why not?



# Humility

Who do you think of when you think of the word *humility*?



# Humility

With which aspect of practicing humility do you struggle most—recognizing and addressing pride, learning to set aside your own wants and needs for the sake of another when it feels inconvenient to do that, trying to “do, do, do” your way into humble service, staying silent and letting another have center stage, or \_\_\_\_?



# Humility

Imagine a world where people routinely said, “Please, forgive me.”  
What do you think would happen to our relationships,  
businesses, politics?



# Humility

Have you experienced the challenge of an accountability relationship? How did it begin? How did it help? What impact did it have on your other relationships?



# Humility

How does practicing humility fit in with using the gifts and talents God has given you?



# Humility

What about Jesus? What did He do in His short life on this earth that impresses you? What did He do that challenges you? If He chose to live humbly on this earth, what does that say to you?





# Humility

When you leave this earth, what stories do you hope people will tell about you? How might you tweak the way you live now in light of that hope?



# What Now?

How will you live differently after reading this book about introversion and friendship and faith?

