

Connecting with loved ones through the political season







This is an emotionally charged time for everyone right now. Do you and your family members need permission to talk about anything other than politics? Do you want to connect to your loved ones with more heartfelt connection?



How To: Political views and differences aside, grab your loved one by the hand and ask each other these connection questions.

- What positive quality do we share?
- Which of your five senses is the strongest?
- When did you last do something for the first time?
- What makes you laugh?
- What's the last thing you did that made you proud?
- What's something I don't know about you?
- What do you still want learn?

