

CONNECTION QUESTIONS

Mark yourself on this scale from 0-10 based on how connected you feel to your team.

0 ————— 10
NO, absolutely not! Totally, 100%

Use these questions to guide your score.

1. The people I work with understand me.
2. We can have meaningful rather than just superficial conversations.
3. We share interests or ideas- we have things in common.
4. They seem to know what I might think or feel about something.
5. I can often predict what they will think or feel about something.
6. Overall, we communicate well.
7. I trust those I work with.
8. I feel comfortable being myself here.
9. I have a sense of belonging.
10. In this group I can say what I think and feel without fear or repercussions.

Reflections & observations: