

COMPANIONSHIP ENCOURAGES SOULFUL CONNECTIONS

I love having close relationships. The companionship shared with someone dear to me allows us to develop a soulful connection.

Spending quiet moments with someone allows me to release vulnerabilities. When I get to know a companion well, I am comfortable with sharing deep thoughts with them. Being able to trust someone automatically makes a relationship stronger.

I enjoy spending time talking about future plans. Bonding experiences like this provide a good foundation for lasting relationships.

When I am traveling, I make time to reach out to my confidants because they feel like home to me. When I talk with them about a challenging day, I feel renewed.

Sharing my most intimate feelings with them gives me a sense of support. I avoid worrying when I know that my support system is rooting for me.

When I gather with my closest allies, our conversations turn from casual to spiritual. It is easy to let go of my inhibitions when I am around them. They inspire me to be true to my inner beliefs.

I appreciate having companions who are non-judgmental and who allow me to be my authentic self.

Today, I feel encouraged because of close friends. Having them in my corner gives me an outlet to connect on a deeper level. My days are richer because my soul connects with them.

REFLECTION QUESTIONS

1

How can I deepen my connections with those close to me?

2

What are some ways I can show my vulnerability to build trust?

3

How can I create more bonding experiences with my companions?