

CARING

THINK PAIR SHARE

Caring is described as *a demonstrated concern for the well-being of another, or feeling another person's demonstrated care for you.*

Love languages and more

- Physical touch: hugs, handshakes
 - Gifts: purchased or not, offering a tangible gift
 - Acts of service: meals, rides, chores, picking up kids, grocery shopping
 - Quality time: inviting you to do things together
 - Words of affirmation: cards, texts, appreciations
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- Being included in events
 - Asking you about your personal life and listening deeply to your answers
 - Being told about their personal lives
 - Not being asked about personal matters

How do you show your care to others? What is the most intuitive way for you to do it?

Do you think your style ever gets in the way of people feeling cared about? Is your way of showing love annoying, misunderstood, or rejected?

What makes you feel cared about?

What kind of care is uncomfortable for you?

Do you like more personal or impersonal?

COMMUNICATION

Communication can be defined as *the sharing or exchanging of thoughts, opinions, or information by speech, writing, gestures, listening, etc.* Here are words describing different ways people communicate.

To the point	Polite	Formal
Informal	Lots of personal sharing	Advising
Confronting	Sympathetic	Caring
Relational	Efficient	Problem solving
Clear	Directive	Curious
Deep	To the point	Intense
Restrained	Curious and questioning	Lots of emotions
Minimal emotions	Logical	Non-intrusive
Impersonal although kind	Warm	Witty
Lively	Engaging	funny
Direct	Straightforward	Confident
Receptive	Supportive	Good listener

List the top 3 ways you imagine people experience you as a communicator which facilitate good communication:

List the top 3 ways you imagine your style can get in the way:

What do YOU experience in others which draws you towards them, list the top 3 styles:

What styles do you move away from? List 3

COMMUNITY

THINK PAIR SHARE

What were the reasons you came to the UU community? What did you hope for and why did you choose the UU over another?

What has been the most challenging aspect of the community?

What has been the most rewarding?

If there was one thing the UU community could change which would help you feel more connected what would it be?

If there was one way you could do something different which would help you be more connected what would it be?

What is a "Beloved Community"?

In your words, what gets in the way of achieving a "Beloved Community"?

What is one way you could have more of this ideal in your life?