

50 Forms of Connection

Each of us “connect” to an astonishingly wide variety of very diverse things. Have you ever thought deeply about what “connection” is for you? Below are 50 examples of ways to connect. There are 10 of each categorized according to Maslow’s hierarchy of needs. Highlight those that resonate with you and contemplate why. From there, figure out what your connections are now and what new ones you might want in your life. Let you be your own guide to strengthening existing connections and making new ones.

1. Physiological Needs — *Connection to the Body & Survival*

Grounding identity in being alive, embodied, and self-sustaining

1. Rhythmic breathing practices — connection to the autonomic self and present moment.
 2. Nourishing food rituals (preparing, sharing, honoring meals) — connection to sustenance, care and balance.
 3. Sleep as a protected ritual — connection to limits and restoration.
 4. Physical movement (walking, stretching, strength, action) — connection to agency, vitality, and being.
 5. Touch (hug, massage, pet companionship) — connection to comfort, reassurance, and tactility.
 6. Sexual expression (consensual, self-aware) — connection to desire, mutual gratification, and life aesthetics.
 7. Hydration awareness — connection to body, self-responsiveness, and mortality.
 8. Exposure to sunlight — connection to circadian rhythm and natural order.
 9. Somatic awareness (body scans, noticing tension/calm) — connection to internal truth, and interfacing.
 10. Rest without guilt — connection to worth beyond productivity.
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2. Safety Needs — *Connection to Stability, Trust, and Continuity*

Identity grounded in predictability, security, and protection

11. A safe home or personal space — connection to refuge, safe harbor, and psychological grounding.

12. Financial literacy and planning — connection to plans, future stability and autonomy.
 13. Reliable routines — connection to order, dependability, and integrity.
 14. Trustworthy relationships — connection to emotional safety.
 15. Personal boundaries — connection to self-respect and fungability.
 16. Health care access and self-advocacy — connection to bodily protection.
 17. Legal identity and rights — connection to legitimacy, agency, and liberty.
 18. Crisis preparedness — connection to resilience and uncertainty.
 19. Honest self-assessment of fears — connection to inner truths.
 20. A sense of “home base” (physical or emotional) — connection to continuity.
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3. Love & Belonging — *Connection to Others and Shared Meaning*

Identity shaped through relationship and mutual recognition

21. Deep friendships — connection through mutual vulnerability.
 22. Romantic partnership — connection through intimacy and co-creation.
 23. Family bonds (chosen or biological) — connection across time.
 24. Community membership — connection through shared identity.
 25. Being heard — connection through validation, commonality.
 26. Offering care to others — connection through contribution.
 27. Shared rituals and traditions — connection through continuity and belonging.
 28. Mentorship (giving or receiving) — connection across generations.
 29. Collaborative work — connection through shared effort.
 30. Being known for who you really are — connection to authenticity.
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4. Esteem Needs — *Connection to Competence, Value, and Contribution*

Identity reinforced by mastery, respect, and meaningful impact

31. **Mastery of a skill** — connection to capability and growth.
 32. **Recognition for authentic effort** — connection to worth beyond ego.
 33. **Autonomy in decision-making** — connection to self-trust.
 34. **Accountability to values** — connection to moral and ethical identity.
 35. **Leadership or responsibility** — connection to influence with purpose.
 36. **Creative expression** — connection to imagination and originality.
 37. **Problem-solving for others** — connection through usefulness.
 38. **Constructive feedback** — connection to improvement rather than approval.
 39. **Consistency between word and action** — connection to integrity.
 40. **Pride without comparison** — connection to intrinsic self-worth.
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5. Self-Actualization — *Connection to Meaning, Truth, and Transcendence*

Identity aligned with purpose, mission, and higher values

41. **Living in alignment with core values** — connection between belief and behavior.
42. **A personal mission statement** — connection to direction and intention.
43. **Service to the outer world** — connection to transcendence.
44. **Creative or intellectual exploration** — connection to curiosity and truth.
45. **Contemplation of the intangible and sublime** — connection to ultimate meaning, the dialectic, and of consciousness.
46. **Moral courage** — connection to conscience despite cost.
47. **Peak or “flow” experiences** — connection to full engagement.
48. **Integration of strengths and flaws** — connection to wholeness.
49. **Legacy thinking** — connection to impact beyond one’s lifespan.
50. **Acceptance of impermanence** — connection to the present, the ancient, prehistoric, and to the vastness of the future.