

CEU OUTLINE

Living a Connected Life

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- I. The Landscape of Connection
 - A. The Biology and Psychology of Belonging
 - B. The Nature of Attachment
 - C. The Failure of Attachment (Reactive Attachment Disorder)
- II. The Power of Connection
 - A. Summary of five decades of medical research
 - B. Summary of five decades of psychological research
- III. Social Capital and Where We Stand
 - A. The state of our disconnection (Harvard Saguro Seminar research)
 - B. The “Usual Suspects”
 - C. Conclusions and recommendations
 - D. A new paradigm (“holding the tension of the opposites”)
- IV. A Model of Friendship Forms
- V. A Map to Connection
 - A. Your Friendship Values
 - B. Know Thyself
 - C. Social Skills
 - D. Acceptance
 - E. Boundaries
 - F. Communication Revolution
 - G. Good Times/Bad Times
 - H. Time/Priorities
- VI. Questions and Comments
- VII. Wrap-Up