

Paul Phillips: 910-470-0870

Loneliness

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The Truth: Friendship is a Superpower.

Three Stories Dealing With Shame

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2. <u>Unplanned Interactions</u>: Being together without a calendar invited needed

3. <u>Vulnerability</u>: We talked about this under the topic of Shame: you need to have relationships where you are not trying to HIDE!

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Questions

1. When was the last time you felt genuinely full, alive, and joyful?

2. Discuss your Social Fitness Test Score - what did it point out that you agree needs attention? Do you have a group of men you can do "hang time" with?

3. Questions:

- a. If you had to choose just one sport you could watch for the rest of your life what would it be? Why?
- b. Name one of the easiest/best years of your life Name one of the hardest. Why?
- c. What's one mistake you will never make again?



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