



Wellbeing Podcast

S1E6: YOU AS A SOCIAL BEING

HOW HAVE YOU BEEN SHAPED AS A SOCIAL BEING?

How has your Culture shaped you as a relational/social being?

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Family & Friends?

Community/Neighborhood?

Sexuality & Sexual Identity?

Attachment Styles?

Curious about your Attachment Style? We'd recommend this book:

Attachments: Why we think, feel and love the way we do by Clinton and Sibcy

TRY THIS AT HOME:

Remember one powerful memory - how has this one experience influenced your present style of relating?



SUMMARY

You were created to be a social being and in relationship with other humans. What has shaped you to be the type of person you are today? Here are just a few things that have shaped how you have learned to be a social being:

- Your Culture
 - Your Family
 - Your Friends
 - Your Faith Community
 - Your Neighborhood

Your Personality Preferences

Your Sexuality and Sexual Identity

Your Attachment Styles and how you choose to bond/attach to others

Your Conflict Styles

Your Patterns of Communication

WHY DOES IT MATTER TO EXPLORE WHAT HAS SHAPED US RELATIONALLY?

"History is the best predictor of the future." If we are not mindful about how we have been shaped as relational beings, we might repeat dysfunctional patterns of relating.

Relational change can occur when we stop and look at our past in order to identify and name some of the ways we were shaped and then how our past is influencing our present relationships.