

CLEAR Whole Person Care® Educational Program
Center for Spiritual Life and Wholeness
Loma Linda University Health

Reflection Questions for the CONNECT film

1. After watching the film, would you describe yourself as a person who connects? What informs your answer?
2. Are there things that you can do/think/feel to increase your ability to connect with others? If so, what are they?
3. What do you see as the upside of connecting with your spiritual core and/or yourself before connecting with others?
4. What do you see as the greatest downside of not connecting well with others?
5. Was there anything about the film that you found particularly helpful to your personal life and/or professional practice? If so, what was it?