

MODULE 5 ACTIVITY

Fill a Bucket

This is a reflective exercise to help you understand your own response to various connections with others. Some of the ways we connect with people—whether we are drawn to a person’s character or shared activities—leave us feeling energized and supported. Other ways we connect with people can leave us feeling drained. Sometimes, those factors that help us feel energized at first become draining if they are too intense or too frequent.



Spend a minute or two thinking back to recent experiences you have had while interacting and connecting with others. These can be conversations with family members or colleagues, interactions with clients, events you have gone to—any time you were interacting with others or engaged with a community.

Directions: Next to the bucket marked with a “+” below, list all the ways in which you connect with and give to others that fill you up. Consider how recently you last engaged with each person or participated in each activity.

In the bucket about to spill over with negativity, list all the ways in which you give too much or feel drained by others. How recently did you last engage with each person or participate in each activity?



What did you learn from this activity?