LOOKING AT:

Making Emotional Connections

(2 of 2)

EMOTIONAL BIDS

Use this form to record the emotional bids you make each day. Use it whenever you want to remind yourself to make more bids. You only need include a few words to record the bid, such as, "offered to get coffee for Alex." The purpose of the form is to prompt you to make numerous bids for emotional connection. Don't spend more than a few seconds noting each bid. You may want to carry this form with you and just write down what occurs.

DATE	BID

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