

## INTELLECTUAL CONNECTIONS EXERCISE

### OVERVIEW

The following exercise is to be used in conjunction with our book, “*What Is PTSD? 3 Steps to Healing Trauma*” for best effect. Please visit [www.WhatIsPTSD.com](http://www.WhatIsPTSD.com) for additional resources.

### GOAL

The goal of the *Intellectual Connections Exercise* is to help you expand your interests, and perhaps, explore entirely new areas of intellectual pursuits. Opportunities are abound in life and it is never too late to nurture your growth and to accomplish a higher level of thinking – and being.

### TIME OUT

Always reflect on your inner state and notice if you need a break from the exercise to find your inner calm.

### MATERIALS AND LAYOUT

Pen or pencil and the form we have provided on the following pages.

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**PATH TO COMPLETE**

1. Investigate the sources of intellectual pursuits in your area. Some places you may want to look include universities and libraries. Join intellectual groups such as chess club or book clubs, or create your own! List some ideas below:

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2. Select two to three ways to become socially involved with others, at least once each month:

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3. Decide if any one of these activities is a good fit for you only after attending at least three to four times. If it is not a good fit, move on to the next!

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