

THE TRAUMA
RESEARCH FOUNDATION

Conference: May 27, 2026

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The Evolution and
Ontogeny of Human
Affective Neurology:
Why the Chronically
Lonely Grow Ill,
and Die Young

SESSION ONE: 2:15 to 3:45



The Evolution & Ontogeny of Human Affective Neurology (JWF 20) (MG 10)

- The Mammalian Revolution & The Birth of Affectivity
- Homo sapien Sociality and the Evolution of the Cortical Brain
- How Parental Nurturing and Free Play Wire Us for Friendship and Love



The Overdetermination of Loneliness in Contemporary Society (JWF 20) (MG 10)

- The Rapidly Increasing Anomie in Post-Industrial Society
- **Breakdown of Norms:** Today's norms increasingly guide behavior less effectively
- **Caustic Disconnection:** People feel isolated, degraded, left out, disrespected
- **Overdetermination of Social Instability:** Rapid social change; cultural chaos, distrust of public institutions, uncertainty about work opportunities, pervasive deskilling



The Social Effects of Increased Anomie

- **Decrease in Sociality:** decreases in: time with friends, marriage rates, birth rates
- **Increase in Inequality:** widening wealth gap; decreasing concern for the structurally unemployed; degradation of infrastructure; collapse of rural life, small cities, and towns
- **Increase in Political Antagonism:** increased militarization of police; increased presence of the military to assure social order; hardening of politics and the rise of populism



The Epidemic of Loneliness as a Public Health Crisis (JWF 20) (MG 10)

- The Increasing Prevalence of chronic loneliness
- The Effects of Chronic Loneliness on Morbidity and Mortality



SESSION TWO: 2:15 TO 3:45

Testing To Learn Your Client's Connectivity Status (JWF 20) (MG 10)

- UCLA Loneliness Scale -version 3
- Relational Assessment Chart
- Improving Client Connectivity

Relational Coaching: Strategy and Tactics



Clinical Work on Chronic Loneliness (JWF 20) (MG 10)

- The Four Axes of Relational Connectivity

Calm **VS** Stress

Acceptance **VS** Rejection

Resonance **VS** Misunderstanding

Energization **VS** Indifference

THE FIVE STEPS TO EMBODIED RELATIONAL COACHING FOR CLIENTS EXPERIENCING CHRONIC LONELINESS

1. USING THE UCLA LONELINESS SCALE AND THE PERSONAL RELATIONS ASSESSMENT CHART DETERMINE:
 - (i) THE EXTENT OF THE CLIENT'S CHRONIC LONELINESS
 - (ii) WHETHER THE LONELINESS IS DISCONNECTION OR MISCONNECTION
 - (iii) WHETHER THE LONELINESS IS A FUNCTION OF SUB-OPTIMAL CONNECTIVE SKILLS, OR OF THE CLIENT'S CIRCUMSTANCES
2. INITIATE A TEAM APPROACH TO RELATIONAL COUNSELING USING A "PLAYER-COACH" METAPHOR
3. MANAGE THE CLIENT'S EXPECTATIONS: MAKING FRIENDSHIPS AND KEEPING THEM VIBRANT IN TODAY'S WORLD IS LIKE SWIMMING AGAINST THE CURRENT
4. NEGOTIATE CLIENT-SPECIFIC STRATEGIES TO IMPROVE THEIR CONNECTIVITY ALONG WITH DETAILED TACTICAL APPROACHES FOR EACH STRATEGY
5. EVALUATE SUCCESSES AND SETBACKS IN THE CLIENT'S EMBODIED EFFORTS IN THE **REAL WORLD** TO INITIATE CONNECTION OR IMPROVE EXISTING CONNECTIONS, AND CONTINUALLY RETHINK AND RE-PLAN FAILED TACTICS

Never depend on others to make
you happy. You can do it yourself.



Mother crocodile carrying young in her mouth



Platypus



Platypus egg



Platypus mother nursing



Herd of cattle



Source (Image): *Conexion Ganadera via Bloomberg*

Giraffes nuzzling



Hippopotamus family



Elephant Calf and Sleeping Mom



Elephant Cows with Calves



Elephant family



Source (Image): PHOTO COURTESY OF THE YUNNAN GOVERNMENT retrieved via Vice

Wolfpack



Dogs cuddling



Polar bear mother with babies



Pride of lions snuggling



Orcas snuggling



Japanese macaque family



Baby squirrel monkey on mother's back



Gorillas snuggling



Chimp hug



Australopithecus afarensis



~3.85 – 2.95 million
years ago



Quicker childhood meant
less time for parental care
than modern humans



Curved fingers helped
climb trees



Homo habilis



~2.4 – 1.4 million
years ago



Larger brains than
Australopithecus



Some of the **earliest**
users of **stone tools**



Homo erectus



~1.89 million – 110,000
years ago



Body proportions similar
to those of modern humans



Cared for old and weak
members of their population



Homo heidelbergensis



~700,000 – 200,000
years ago



First early humans to
live in **colder** climates



Oldest use of definite
control of **fire** and
wooden spears



First human species to
build **shelters**, used
wood and rock



Homo neanderthalensis



~400,000 – 40,000
YEARS AGO



Made and wore clothing



Evidence of burying the dead
and **offerings** such as flowers
at graves

Reconstruction of a Neanderthal child based on the Devil's Tower Gibraltar 2 remains excavated in 1926 by Dorothy Garrod.



Homo sapiens



~**300,000** years
ago to present



Evolved in Africa during
a period of severe
climate changes



Reorganization of skull
to accommodate
very large brains



Source: Smithsonian Museum of Natural History



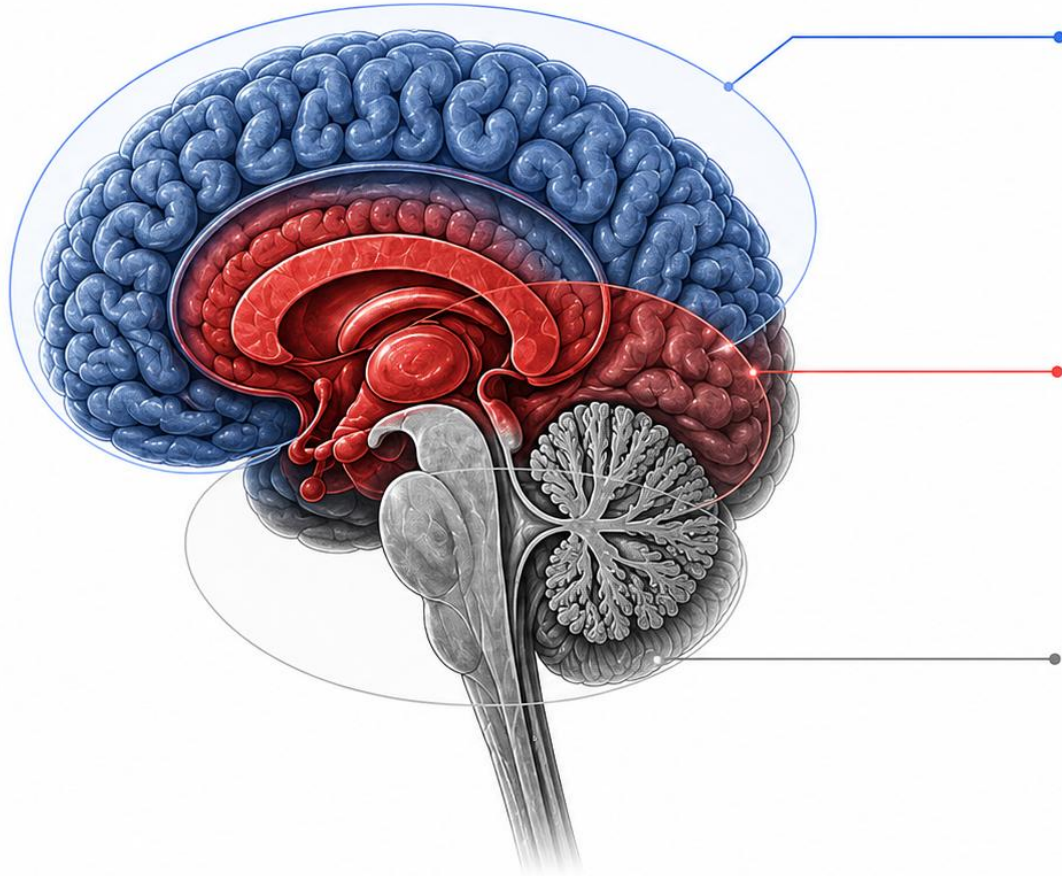
BRAIN CASES, AND ESTIMATED NUMBER OF NEURONS ACROSS SIX HOMINID SPECIES.

Hominin	Avg. Cranial Capacity (cc)	Est. Cortical Neurons*
<i>Australopithecus afarensis</i>	~450 cc	~28–32 billion
<i>Homo habilis</i>	~600 cc	~35–40 billion
<i>Homo erectus</i>	~950 cc	~50–62 billion
<i>Homo heidelbergensis</i>	~1,250 cc	~68–76 billion
<i>Homo neanderthalensis</i>	~1,450 cc	~75–85 billion
<i>Homo sapiens</i>	~1,350 cc	~80–90 billion

NOTES:

1. There are **no direct neuron counts** possible for any of these extinct species; the numbers in the chart are estimates. The primary method used by Suzana Herculano-Houzelis in producing these numbers is extrapolation from the relationship between brain volume and neuron count established in living primates. Dr. Herculano-Houzelis' "isotropic fractionator" method has produced reliable neuron counts for living species and published the results in key academic journals.
2. *Homo neanderthalensis* had a larger average brain than modern humans, though the shape differed — Neanderthal brains were longer and lower, while modern human brains are rounder and have a more developed frontal lobe and cerebellum.
3. The jump from *Australopithecus* to *Homo habilis* marks the critical threshold where brain size begins pulling away from the great apes.
4. About 16 billion neurons in the cerebral cortex (reasoning and secondary consciousness), and about 69 billion in the cerebellum (movement coordination; motor learning)
5. The remaining neurons are spread across other brain regions.
6. Each neuron can form thousands of connections (synapses), leading to an estimated **hundreds of trillions of synaptic connections** overall.

The Triune Brain



Prefrontal cortex

Planning and anticipation,
Sense of time and context,
Inhibition of inappropriate
actions, Empathic
understanding



Limbic brain

Map of relation between the
organism and surrounding,
Emotional relevance,
Categorization, Perception



Brainstem: Basic housekeeping

Arousal, Sleep/Wake,
Hunger/Satiation, Breathing,
Chemical balance

Film Clip from Ratatouille ("R")





Oxytocin &
The Neurogenesis
Of Affectivity






NZ RUGBY
EST. 1892


Loneliness & Public Health in Contemporary Society

THE RAPIDLY INCREASING ANOMIE IN POST-INDUSTRIAL SOCIETY —



- **Breakdown of Norms:** Today's norms increasingly guide behavior less effectively



- **Caustic Disconnection:** People feel isolated, degraded, left out, disrespected



- **Overdetermination of Social Instability:** Rapid social change; cultural chaos, distrust of public institutions, uncertainty about work opportunities, pervasive deskilling

THE SOCIAL EFFECTS OF INCREASED ANOMIE —



- **Decrease in Sociability:** decreases in time with friends, marriage rates, birth rates



- **Increase in Inequality:** widening wealth gap; decreasing concern for the structurally unemployed; degradation of infrastructure; collapse of rural life, small cities, and towns



- **Increase in Political Antagonism:** increased militarization of police; increased presence of the military to assure social order; hardening of politics and the rise of populism



Loneliness & Public Health in Contemporary Society

THE RISING ANOMIE OF POST-INDUSTRIAL LIFE

As anomie rises, social bonds weaken and public life becomes more unequal, unstable, and adversarial.



DRIVERS

- **Breakdown of norms** — shared rules guide behavior less effectively
- **Caustic disconnection** — people feel isolated, excluded, and disrespected
- **Social instability** — rapid change, institutional distrust, job uncertainty, and deskilling



SOCIAL EFFECTS

- **Less sociality** — weaker friendships, lower marriage rates, and fewer births
- **More inequality** — widening wealth gaps, neglected communities, and degraded infrastructure
- **More antagonism** — hardened politics, populism, and expanded coercive force



QUESTION ONE:

IS IT INDEED THE CASE THAT WESTERN, POST-INDUSTRIAL SOCIETIES ARE SUFFERING FROM AN “EPIDEMIC OF LONELINESS”?

From the U.S. Surgeon General’s Advisory of 2023
“The Healing Effects of Social Connection and Community”
(Meta-study)



THE STATUS OF CHRONIC LONELINESS IN THE UNITED STATES TODAY

- Today, between 33% and 52% of Americans report feeling lonely (depending on the study)
- 12% of Americans say they feel they have no close friends at all
- 58% of Americans report that they sometimes or always feel like no one knows them well, and 46% report sometimes or always feeling alone or left out
- 40% of Americans feel that their relationships are not meaningful
- 61% of American Gen Z’ers feel lonely
- 26% of high school seniors reported feeling lonely in 2012; this was 39% by 2017. (+ Covid)

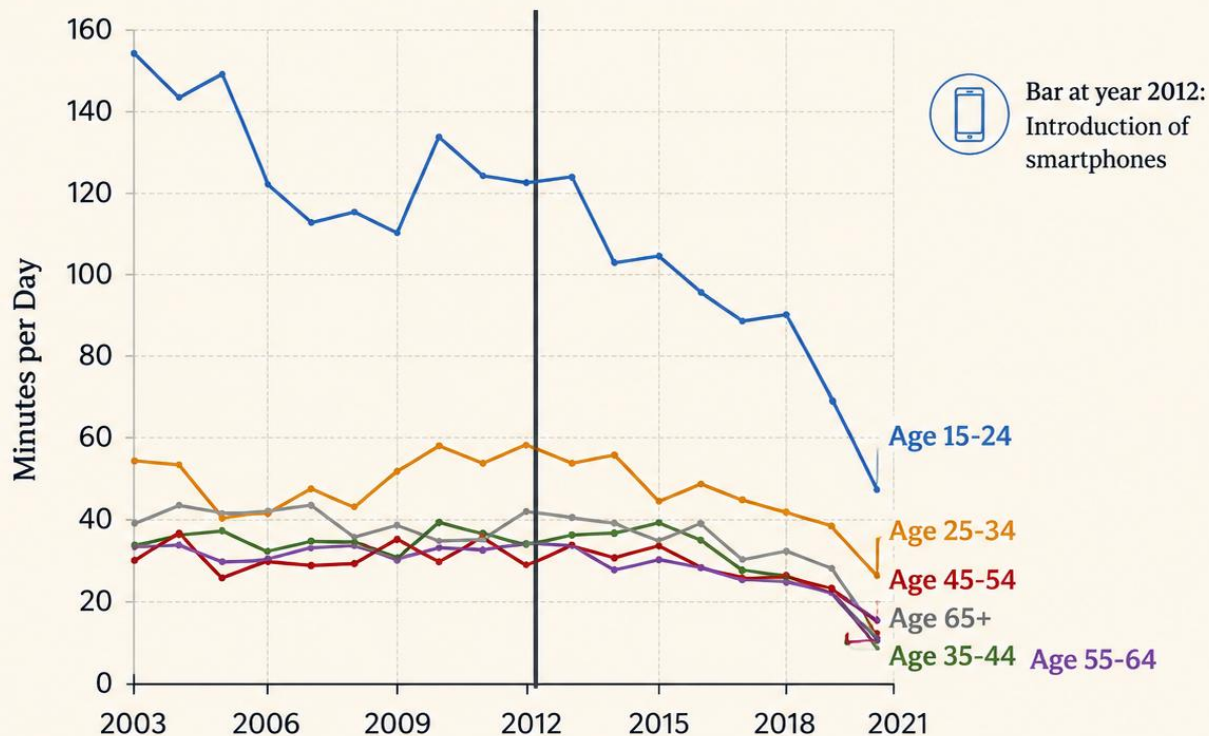


WHY IS THIS HAPPENING?

- 29% of Americans live in single-person households (13% in 1960)
- 57% of Americans reported eating all their meals alone
- 49% of Americans have fewer than three friends (27% in 1990)
- In 2020 Americans engaged with friends 10 hr./m; (30 in 1990 – down 66% (18 to 20 d 70%))
- 16% felt very attached to their local community (2018)

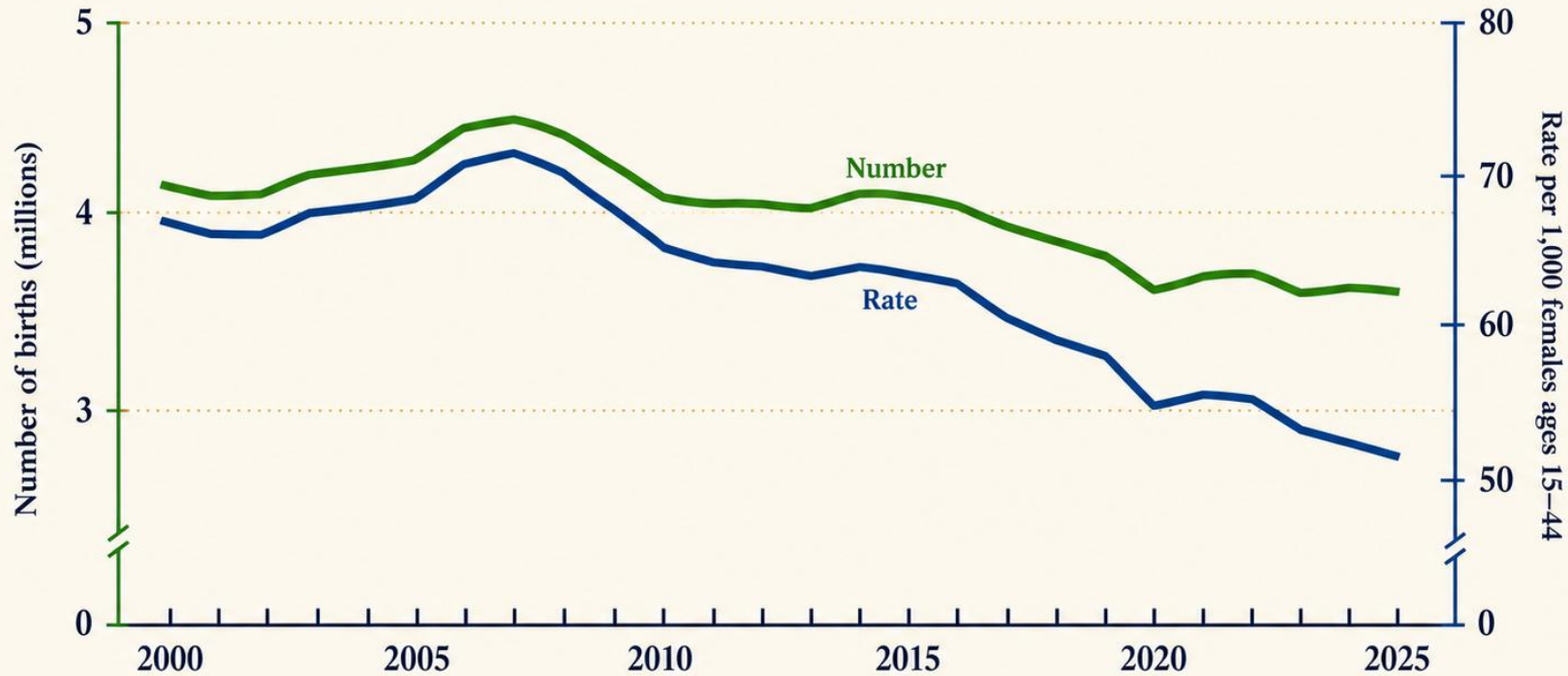


Daily Avg Time with Friends (minutes)



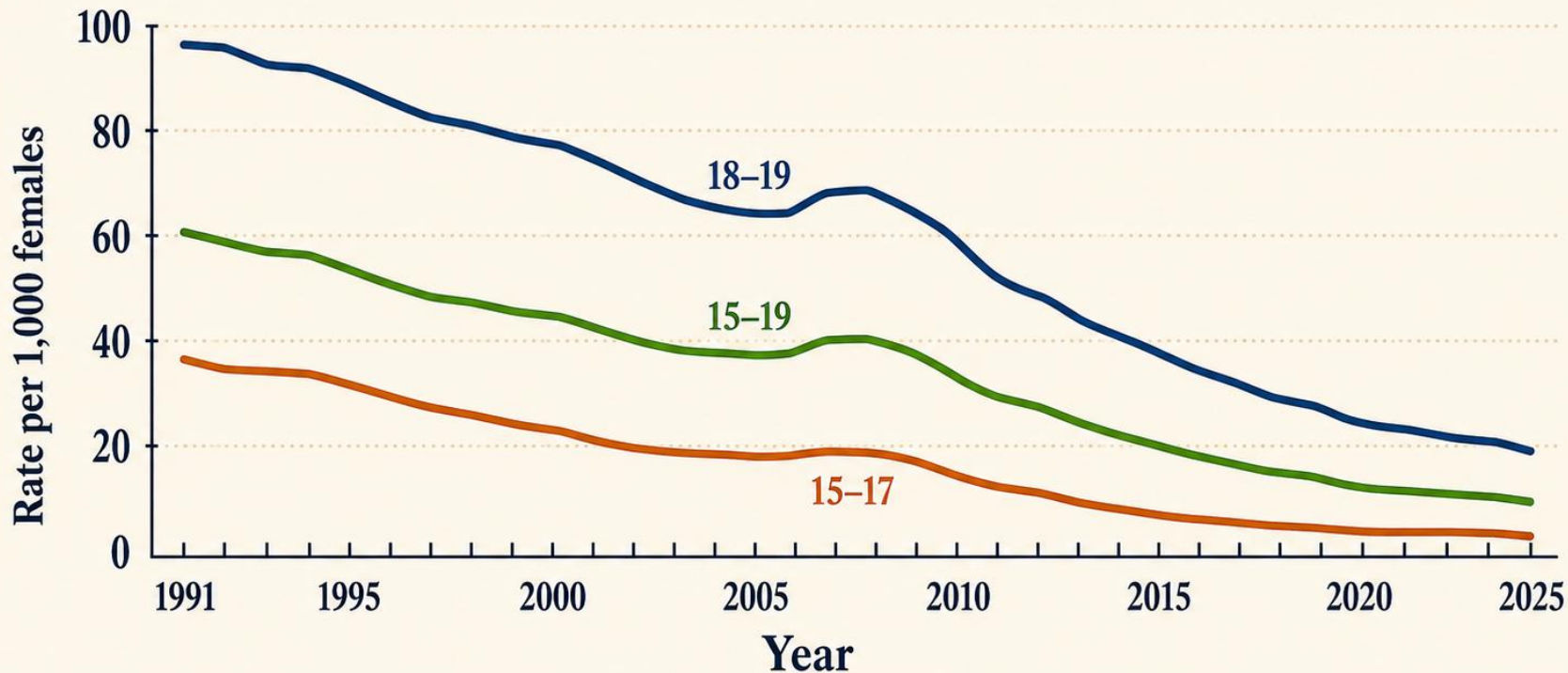
Source and caption: Jon Haidt on After Babel · Graphed by Zach Rausch from data in Kannan & Veazie (2023), analyzing the American Time Use Study.

Figure 1. Number of live births and general fertility rate: United States, final 2000–2024 and provisional 2025



Source: National Center for Health Statistics, National Vital Statistics System, natality data file.

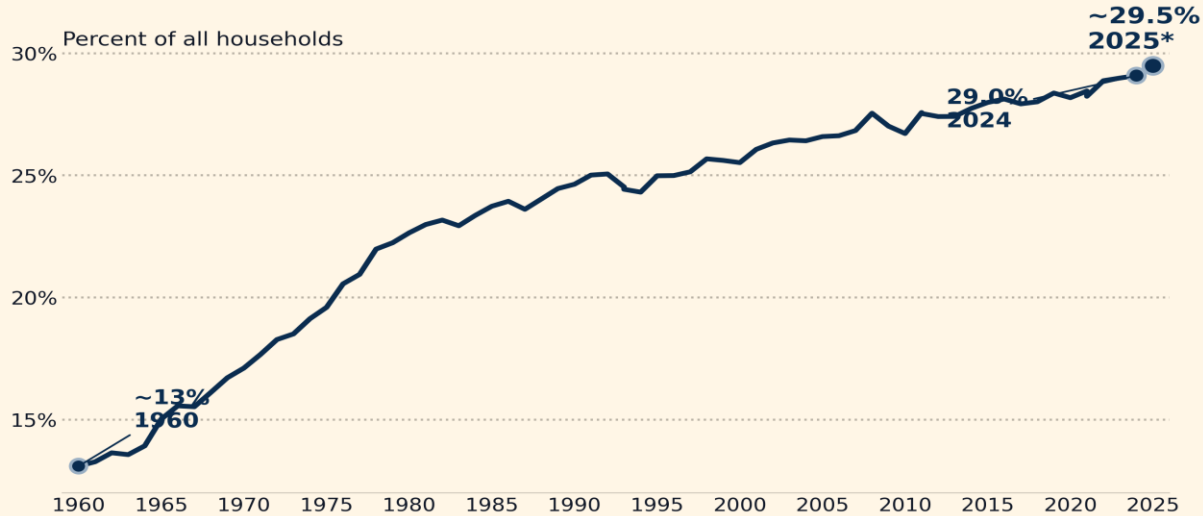
**Figure 2. Birth rate for teenagers, by age of mother:
United States, final 1991–2024 and provisional 2025**



Source: National Center for Health Statistics, National Vital Statistics System, natality data file.

“Share of U.S. Households That Are One-Person Households”

2024 = 29.1% of households; 2025 = 29.5%*



KEY INSIGHTS



Solo living is becoming mainstream.



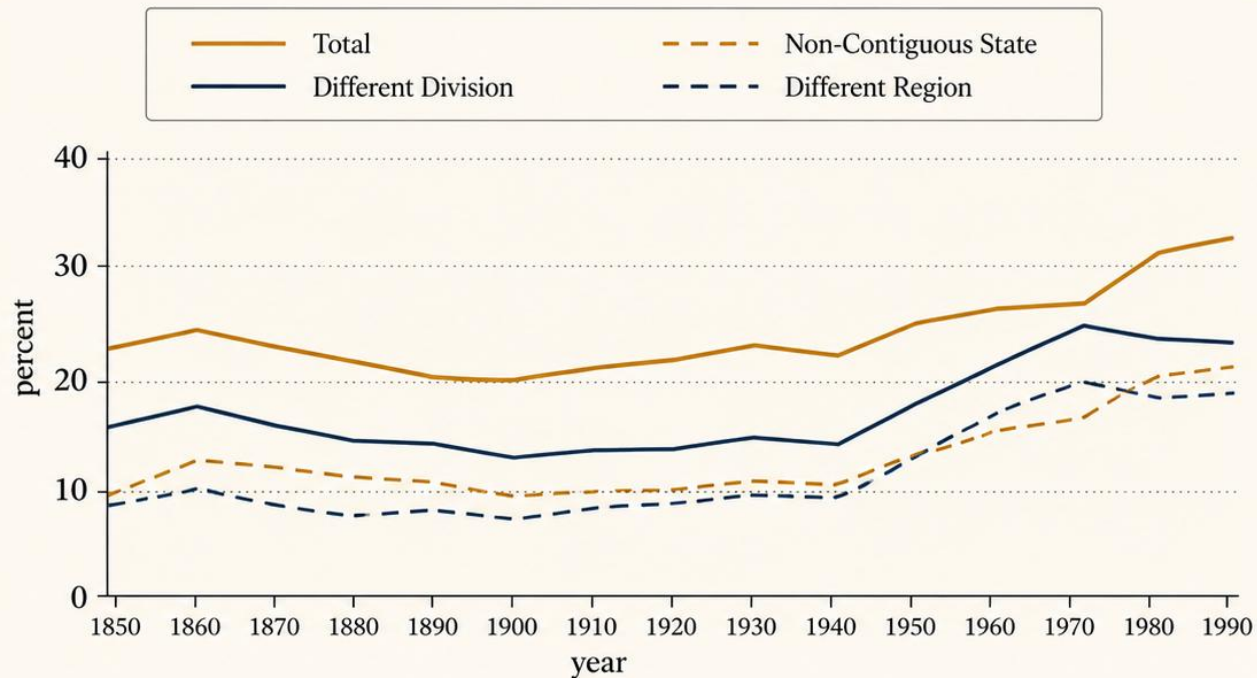
Social support networks may thin as more live alone.



Urban life can feel more connected yet more solitary.



Residence Outside State of Birth 1850–1990



Source (image): Unsplash, "Moving Truck in Residential Neighborhood"

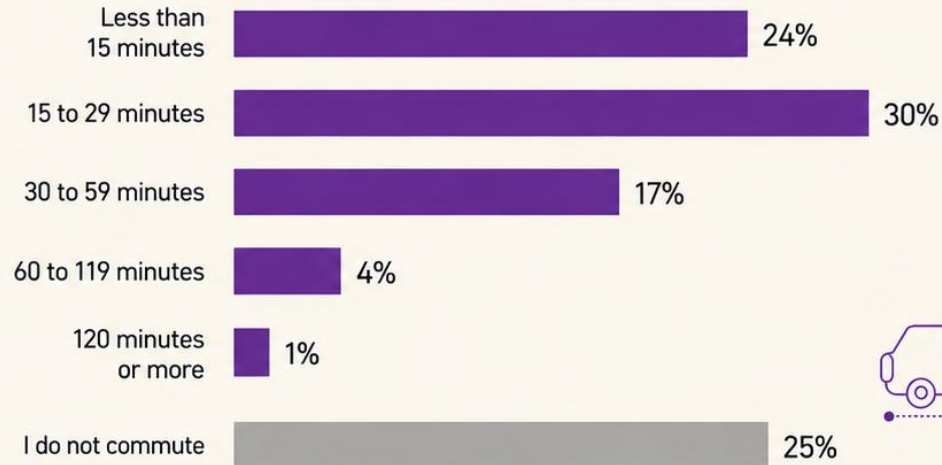
Source (data): Joseph P. Ferrie, *Residence Outside State of Birth 1850–1990*, from "Historical Statistics of the U.S., Millennial Edition: Internal Migration"

by Joseph P. Ferrie – Department of Economics, Northwestern and NBER

The average American commute time to and from work is **55 minutes**.

How Long Do Americans Commute For?

Average duration of a one-way commute to work, school or university in the U.S. in 2021



Source: Statista Global Consumer Survey





The Evolutionary Development of Connection: From Aggregation to Friendship

- Aggregating in Insects
- Schooling in fish
- Congregating in reptiles
- Flocking in birds
- Herding in ungulates
- Bonding patterns in social mammals
- Relating to specific individuals in
- Socializing in hominids
- Befriending in Homo sapiens





The Increase in Time Spent on Social Media, Television, and the Internet



Every day an Average American spends **around 7 hours and 4 minutes** in front of their screen.



People worldwide spend about **6 hours and 58 minutes** on their screens on a daily basis.

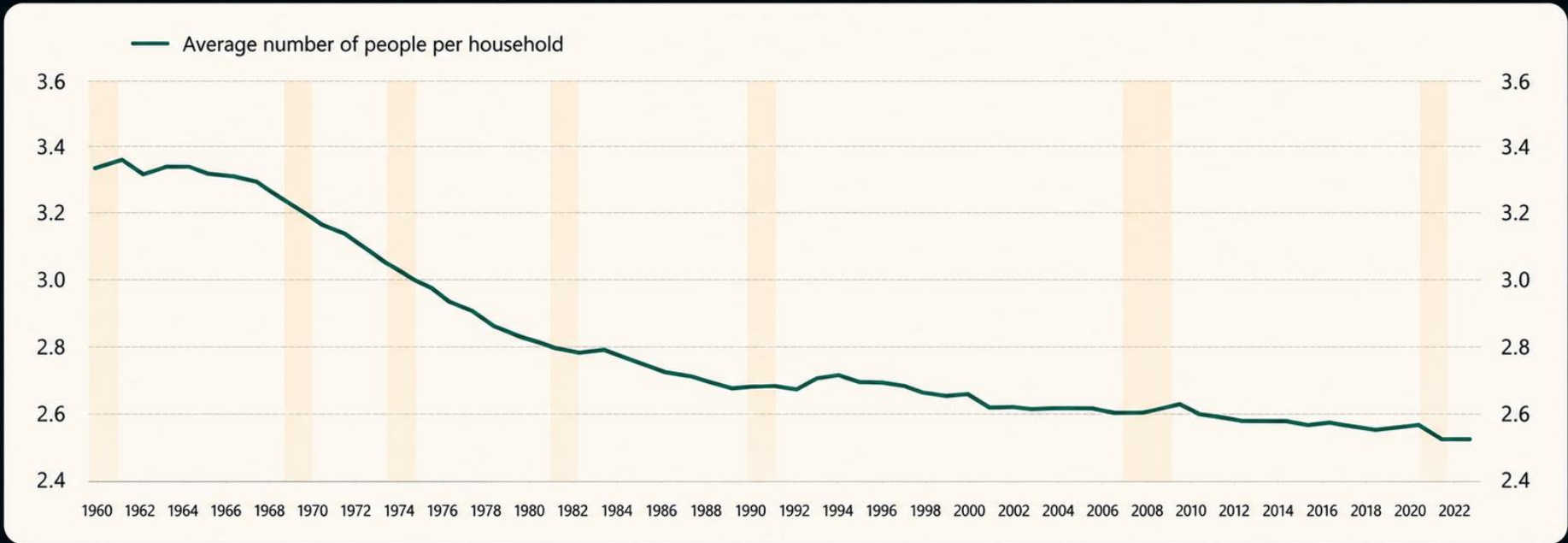


Since 2013, there has been an **increase in screen time** by **50 minutes** per day.



Data source: What's the Big Data

The average family size in the US has declined from **3.3** in 1960 to **2.5** in 2023



Source: Census Bureau, Apollo Chief Economist

Source (Image): Torsten Sleek on Apollo Academy

Cognitive and Psychological Effects of Chronic Loneliness:



Cognitive Competency and Dementia Effects. Substantial evidence links social isolation and loneliness with accelerated cognitive decline and an increased risk of dementia in older adults, including Alzheimer's disease. Chronic loneliness and social isolation can increase the risk of developing dementia by approximately 50% in older adults, even after controlling for demographics and health status. A longitudinal study that followed older adults over 12 years found that cognitive abilities declined 20% faster among those who reported loneliness. Chronic loneliness and social isolation can increase the risk of developing dementia by approximately 50% in older adults.



Depression and Anxiety. Depression and anxiety are often accompanied by social withdrawal, which in turn increases the risk of developing chronic loneliness. At the same time, social isolation and loneliness also increase the risk for developing yet deeper depressive symptoms and more accentuated anxiety, and this vicious cycle can exacerbate these comorbidities over time. A review of multiple longitudinal studies found that the likelihood of developing depression is more than doubled among people who report often feeling lonely, contrasted with those who report rarely or never feeling lonely. In older adults, both social isolation and loneliness have been shown to independently increase the likelihood of depression or anxiety.



Suicide and Self Harm Effects. Social isolation is arguably the strongest and most reliable predictor of suicidal ideation, attempted suicide, and lethal suicidal behavior among samples varying in age, nationality, and clinical severity. In a study of over 500,000 middle-aged adults, the probability of dying by suicide more than doubled among men who lived alone. The same study showed that for women loneliness was significantly associated with hospitalization for self-harm. In a review of 40 studies of more than 60,000 older adults, an increase in loneliness was reported to be among the primary motivations for self-harm.



TWO QUOTES FROM STEPHEN COLE, Ph.D.

— Professor of Medicine, Psychiatry and Biobehavioral Science in —
UCLA School of Medicine.

“

When we looked at the genes that were under-active in the white blood cells of lonely people, [they were] **chock full of genes involved in the antiviral response** that I just happened to have been studying for the last ten years. I looked at all those things and I was like, Holy Cow! No wonder these people get sick more often. This is a recipe for disease.”

“

Quiet suffering may be how people experience loneliness, but at the molecular level it ranks right up there with poverty, trauma, [and] bereavement.... loneliness is one of the most effective ways we know to make a body feel threatened and insecure.”

Quoted as an author interview by Lydia Denworth. *Friendship: The Evolution, Biology, and Extraordinary Power of Life's Fundamental Bond*.

W. W. Norton (2020) p. 201.

Source: Steven W. Cole, "Human Social Genomics," *PLoS Genetics* 10, no. 8 (2014): e1004601



QUESTION SIX

IN YOUR TREATMENT STRATEGY, HOW MIGHT YOU ASSESS THE STATUS OF YOUR CLIENT'S CONNECTIVITY TO OTHERS IN THEIR LIFE?



UCLA LONELINESS SCALE – VERSION 3

McKenna, K. Y. A. S., & Gleason, M. E. J., *Personality and Social Psychology*, 39, 472–480. (2002).



RELATIONAL ASSESSMENT CHART.

Amy Banks, M.D. with Leigh Ann Hirschman. *Wired to Connect: The Surprising Link Between Brain Science and Strong, Healthy Relationships*. Jeremy Tarcher / Penguin (2015). P. 95, ff.

UCLA LONELINESS SCALE – VERSION 3*

Statement	Never	Rarely	Sometimes	Often
1. How often do you feel that you are "in tune" with the people around you?	1	2	3	4
2. How often do you feel that you lack companionship?	1	2	3	4
3. How often do you feel that there is no one you can turn to?	1	2	3	4
4. How often do you feel alone?	1	2	3	4
5. How often do you feel part of a group of friends?	1	2	3	4
6. How often do you feel that you have a lot in common with the people around you?	1	2	3	4
7. How often do you feel that you are no longer close to anyone?	1	2	3	4
8. How often do you feel that your interests and ideas are not shared by those around you?	1	2	3	4
9. How often do you feel outgoing and friendly?	1	2	3	4
10. How often do you feel close to people?	1	2	3	4
11. How often do you feel left out?	1	2	3	4
12. How often do you feel that your relationships with others are not meaningful?	1	2	3	4
13. How often do you feel that no one really knows you well?	1	2	3	4
14. How often do you feel isolated from others?	1	2	3	4
15. How often do you feel you can find companionship when you want it?	1	2	3	4

16. How often do you feel that there are people who really understand you?	1	2	3	4
17. How often do you feel shy?	1	2	3	4
18. How often do you feel that people are around you, but not with you?	1	2	3	4
19. How often do you feel that there are people you can talk to?	1	2	3	4
20. How often do you feel that there are people you can turn to?	1	2	3	4

Alright, now let's talk about totaling your score. It's a bit more complicated than just adding up the numbers, because the following questions are reverse scored: 1, 5, 6, 9, 10, 15, 16, 19, and 20. So, for these nine questions, if you selected the option "1," on a separate sheet of paper, give yourself a "4," if you clicked "2," give yourself a "3," if you clicked "3," give yourself a "2," and if you selected a "4," total the new scores. Add to this the total of your circled scores on the other halves.

Just to make certain this is clear, after making the "reverse score" changes on the nine questions listed above, (indicated below by an asterisk) the loneliest person on the planet would have the following scores on questions 1 through 20, in order: 4, 4, 4, 1, 1, 4, 4, 1, 1, 4, 4, 4, 1, 4, 4, 4, 4, 1, 4, 4, 4, 4, yielding a possible score of 80. So, this fictional loneliest person would have a total score of 80, while a person who considers himself to be a genius of connective skills, would have a score of 20. Your score, my sooner-everybody's score-falls somewhere in between, because the questions are designed to probe the different levels of confidence each of us has in our connective capacities, and few among us—if any—live their life utterly confident that they are always in tune with everyone they know, that they never lack companionship or feel alone, that they are always outgoing and friendly, and so on.

*See Russell, D., Peplau, L. A., & Ferguson, L.I. (1978). Developing a Measure of Loneliness. *Journal of Personality Assessment*, 42(3), 290–294; Russell, D., Peplau, L. A., & Cutrona, C. E. (1980). *The Revised UCLA Loneliness Scale: Concurrent and Discriminant Validity Evidence*. *Journal of Personality and Social Psychology*, 39, 472–480; McKenna, K. Y. A., & Cushman, L. F. (2002). "I'd die if no one...": *Journal of Personality and Social Attraction* *Journal of Social and Personal Relationships*, 19, 937–965.



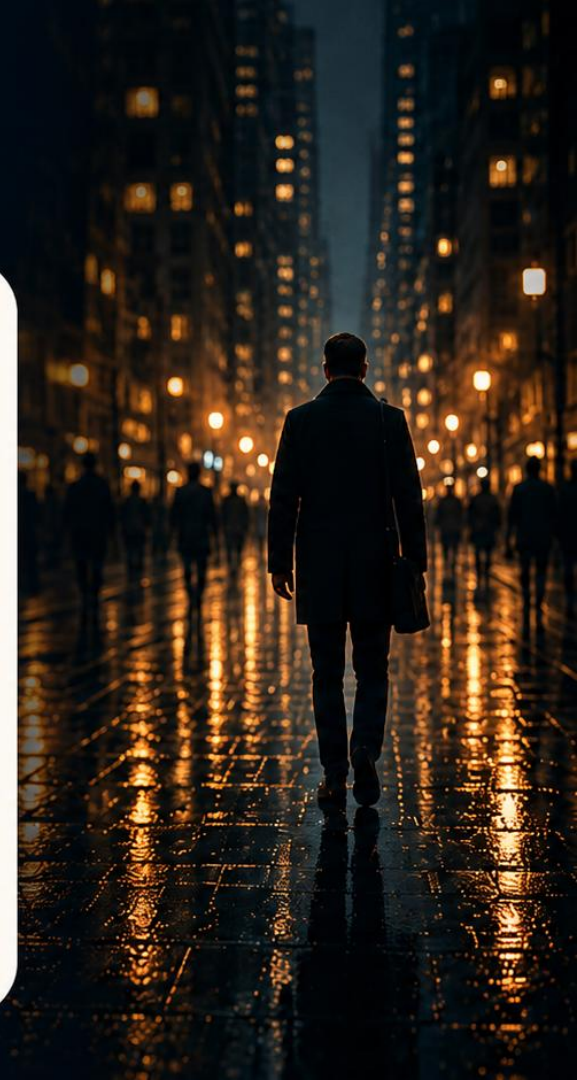
UCLA LONELINESS SCALE

– VERSION 3*



Official UCLA Loneliness Scale scoring only uses the total score range:

- **20–34** = Low loneliness / well connected
- **35–49** = Moderate loneliness
- **50–64** = High loneliness
- **65–80** = Severe or very high loneliness



RELATIONAL ASSESSMENT CHART*

A structured tool to explore relationship dynamics, strengthen connection, and assess the quality of relational experiences across key dimensions.

*Reprinted with consent of author.

See Amy Banks, M.D. with Leigh Ann Hirschman. *Wired to Connect: The Surprising Link Between Brain Science and Strong, Healthy Relationships*. Jeremy Tarcher / Penguin (2015). P. 95, ff.



PART 1: RELATIONAL ASSESSMENT CHART*

Answer the questions on a 1 to 5 scale:	Name #1	Name #2	Name #3	Name #4	Name #5	Total Satisfaction Score	C.A.R.E. Code
1-Minus or never 2-Rarely or minimal 3-Some of the time 4-More often than not, noticeably high 5-Usually, very high							
1. I trust this person with my feelings.							Calm
2. This person stays me with his feelings.							Calm
3. I feel safe being in conflict with this person.							Calm
4. This person treats me with respect.							Calm
5. In this relationship, I feel calm.							Calm Accepted
6. I can count on this person to help me out in an emergency.							Calm Accepted
7. In this relationship, it's safe to acknowledge our differences.							Calm Accepted
8. When I am with this person, I feel a sense of belonging.							Accepted
9. Despite our differences, we can trust each other and build a relationship.							Accepted



PART 2: RELATIONAL ASSESSMENT CHART*

10. I feel valued in this relationship.							Accepted
11. There is give and take in this relationship.							Accepted
12. This person is able to sense how I feel.							Resonant
13. I am able to sense how this person feels.							Resonant
14. With this person I have more clarity about who I am.							Resonant
15. I feel that we "get" each other.							Resonant
16. I am able to see that my feelings impact this person.							Resonant
17. This relationship helps me be more productive in my life.							Energetic
18. I enjoy the time I spend with this person.							Energetic
19. Laughter is a part of this relationship.							Energetic
20. In this relationship, I feel more energetic.							Energetic
Safety Group Score							



The C.A.R.E. Framework of Relational Therapy



Amy Banks' Relational Assessment Chart is best understood in the framework of its derivation from a coherent theory of interpersonal connectivity that is based on an analysis of four rewarding returns that can be derived from successful interpersonal relationships: Calm, Acceptance, Resonance, and Energization. Each of these, in effect, designates a continuum that records one key aspect of the quality of a relationship:



Calm



Stress



Acceptance



Rejection



Resonance



Misunderstanding



Energization



Indifference

Amy Banks' Relational Assessment Items



CALM

How safe and calm you feel in this relationship.

1	I trust this person with my feelings.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Calm
2	This person trusts me with his/her feelings.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Calm
3	I feel safe being in conflict with this person.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Calm
4	This person treats me with respect.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Calm



ACCEPTANCE

How accepted and valued you feel in this relationship.

5	In this relationship I feel calm.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Calm Accepted
6	I can count on this person to help me out in an emergency.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Calm Accepted
7	In this relationship, it's safe to acknowledge our differences.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Calm Accepted
8	When I am with this person, I feel a sense of belonging.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Accepted
9	Despite our different roles, we treat each other as equals.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Accepted
10	I feel valued in this relationship.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Accepted
11	There is give and take in this relationship.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Accepted



RESONANCE

How well you understand and attune to each other.

	1 – None or never	2 – Rarely or minimal	3 – Some of the time	4 – More often than not	5 – Usually, very high	SCORE	CODE						
12	This person is able to sense how I feel.					<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Resonant		
13	I am able to sense how this person feels.					<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Resonant		
14	With this person I have more clarity about who I am.					<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Resonant		
15	I feel that we "get" each other.					<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Resonant		
16	I am able to sense that my feelings impact this person.					<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Resonant		



ENERGY

How energized and life-giving the relationship feels.

	SCORE	CODE											
17	This relationship helps me be more productive in my life.					<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Energetic		
18	I enjoy the time I spend with this person.					<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Energetic		
19	Laughter is part of this relationship.					<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Energetic		
20	In this relationship, I feel more energetic.					<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Energetic		

SAFETY GROUP SCORE

1
None or never

2
Rarely or minimal

3
Some of the time

4
More often than not

5
Usually, very high



SCORING MEASURES

C

Calm: Measures safety, trust, and nervous system regulation in the relationship.

A

Accepted: Measures belonging, equality, and feeling valued.

R

Resonant: Measures empathy, emotional attunement, and mutual understanding.

E

Energetic: Measures vitality, motivation, joy, and whether the relationship energizes or drains you.



SCORING TECHNIQUES

VERTICAL AXIS: Scoring for individual relationships

	75+	= High Safety
	60-74	= Mod
	<59	= Low



HORIZONTAL AXIS

Scoring for relational quality across all scored relationships



Calm (add 1-7)

- 135+ = calm
- 100-134 = stress
- <100 = unsafe



Accept (add 7-11)

- 135+ = safe
- 100-134 = "loosely"
- <100 = distressed



Resonance
(add 12-16)

- 95+ = good/connected
- 70-94 = confused
- <70 = baffled



Energy
(add 17-20)

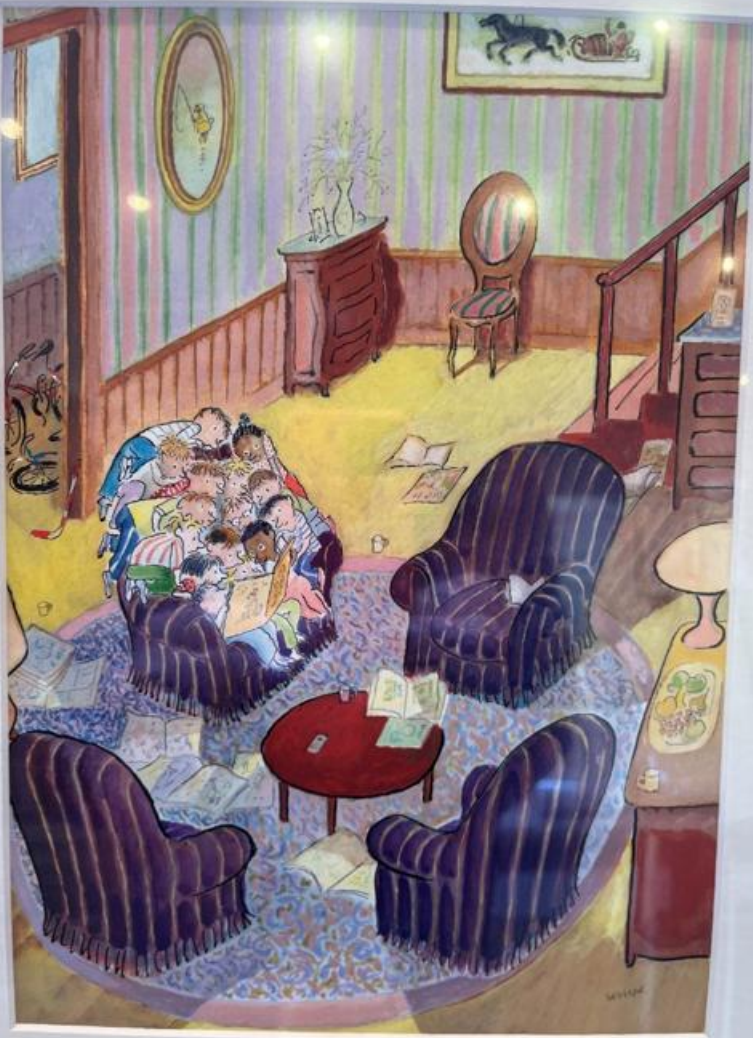
- 75+ = energized by time
- 55-74 = unwinding
- <54 = draining

THE FIVE STEPS TO EMBODIED RELATIONAL COACHING FOR CLIENTS EXPERIENCING CHRONIC LONELINESS

1. USING THE UCLA LONELINESS SCALE AND THE PERSONAL RELATIONS ASSESSMENT CHART DETERMINE:
 - (i) THE EXTENT OF THE CLIENT'S CHRONIC LONELINESS
 - (ii) WHETHER THE LONELINESS IS DISCONNECTION OR MISCONNECTION
 - (iii) WHETHER THE LONELINESS IS A FUNCTION OF SUB-OPTIMAL CONNECTIVE SKILLS, OR OF THE CLIENT'S CIRCUMSTANCES
2. INITIATE A TEAM APPROACH TO RELATIONAL COUNSELING USING A "PLAYER-COACH" METAPHOR
3. MANAGE THE CLIENT'S EXPECTATIONS: MAKING FRIENDSHIPS AND KEEPING THEM VIBRANT IN TODAY'S WORLD IS LIKE SWIMMING AGAINST THE CURRENT
4. NEGOTIATE CLIENT-SPECIFIC STRATEGIES TO IMPROVE THEIR CONNECTIVITY ALONG WITH DETAILED TACTICAL APPROACHES FOR EACH STRATEGY
5. EVALUATE SUCCESSES AND SETBACKS IN THE CLIENT'S EMBODIED EFFORTS IN THE **REAL WORLD** TO INNITIATE CONNECTION OR IMPROVE EXISTING CONNECTIONS, AND CONTINUALLY RETHINK AND RE-PLAN FAILED TACTICS

Never depend on others to make
you happy. You can do it yourself.





ODE AN DIE FREUDE VON SYMPHONY No. 9 BETHOVEN, TEXT BY FRIEDRICH SCHILLER
1759-1805

Whoever has created
An abiding friendship,
Or has won
A true and loving wife,
All who can call at least one soul
theirs,
Join in our song of praise!