

How Can You Know if Your Social Needs are Being Met?

By asking:

Am I able to be honest with my friends?

Do I respect myself and the choices I make with this group?

If your answer to either is no, it's time to choose groups that support your personal growth.



When you're part of a healthy group, both you and the group benefit.

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### Contributions to HopeWorks

We rely on the generosity of people like you in order to continue offering our services. **All contributions** are very gratefully accepted.

HopeWorks is a 501(c)(3) organization.

## Accepting Our Need to Belong . . .

Allows us to look honestly at our relationships.

Clears away confusion and gives us real choices.

Provides opportunities so that our life becomes an adventure in relationships and personal discovery.

Use this brochure to talk about your concerns.  
You are important.



## For Help

Call HopeWorks at  
(860) 561-1175, ext. 703  
or email us at  
hopeworks@snet.net.

- or -

The U. S. Department of Education  
<http://www.ed.gov/parents/academic/help/adolescence/part9.html>

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Where Do I Belong?

To "feel less alone" is, without a doubt, an ultimate quest of life.

Matina Souretis Horner,
American Scholar



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Providing hope and help to young people and their families through counseling, education and community outreach



The need to belong drives everyone's behavior in either healthy or unhealthy ways. On a basic level, we are all motivated both by the need to be ourselves and the need to be accepted and known by others.

Isolating oneself is not healthy because positive relationships nourish our spirits. Loneliness is a big factor in the development of mental illness.

Looking for membership in an unhealthy group to fulfill unmet social needs can cause us to make poor decisions and to do things we will regret later.

Ask yourself, "To what groups do I belong? Do they give me hope, a sense of a positive future? Do the people in my groups genuinely care for me? Do I respect them?"



Groups can be either healthy or unhealthy. The following are examples:

Sports Teams
Families
Community Service Groups
Gangs
Work groups
Fraternities/Sororities
Cults
Alcoholics Anonymous
School Clubs
Faith Communities
Musical Groups
Scouting
Youth Groups
Partying Friends
Card-playing Groups
Crime Families
Book Clubs
Political Parties
Environmental Groups
The Military
Binge Buddies
Online Groups

The groups we belong to can help us develop or can take away from our best self.



We are all interdependent - connected to each other. We can focus on winning the approval of others, based on appearances, possessions, occupation, social standing, and popularity. Or we can choose friendships and relationships based on shared values, honesty and trust.

Ask yourself, "Do I like myself when I am with this person or group?"

We need to be careful about the groups we choose to join.



Life's greatest gift: honest, trustworthy and caring relationships.