

How to Cultivate Genuine Bonds

Make It About Others

If every single person loved and served another, we would truly understand the essence of what it means to love and to be unconditional. So many of us are adopting such selfish ways of being and with the rise of social media posts continually educating people to “set those boundaries” - many are taking this advice and applying it a little too lavishly; resulting in a few issues, such as lack of connection & having genuine bonds with others.

Understanding Human Connection

What is human connection? Human connection is **a deep bond that's formed between people when they feel seen and valued**. During an authentic human connection, people exchange positive energy with one another and build trust. Human connection makes you feel heard and understood and gives you a sense of belonging. 17 Nov 2021

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The Power of Human Connection: 6 Ways to Achieve It

Since the rise of the Internet, mobile phones and now the introduction to Web 3.0, human connection is needed now, more than ever before! Society and corporations have tricked us into believing that we are connected with others daily, hourly, by the second in fact and say things like “the world is at your fingertips” when in actuality it’s created more isolation and loneliness and in-person skills of conversing are becoming increasingly dormant.

The truth is we need connection.

We need human connection to feel value and a sense of purpose in our life. Many young people feel pressured, or tell themselves they need to move out and live their lives in their own flats & apartments, starting their new lives and whilst that may be a great idea, it can also be very isolating if you don’t have the right communities and connections in place to keep you grounded & whole. The question is, how can we focus on building deeper, more genuine & authentic bonds with others in such a superficial world?

Remove these



Formalities

I can literally smell when someone is being superficial and it's certainly not a flex. I can't stress this enough, but in order to cultivate real connections & bonds, formalities need to go. Be a real human being, because that's what you are. Allow your emotion, feelings, personality and curiosity speak to others. That is how you will begin to connect, not by reminding your friend they need to Monzo you £1.48 for the drink you bought them!



Ghosting & Bailing

A personal pet peeve of mine is when people commit & then bail, knowing well & good the whole time that there's a possibility that they'll do this. Say what you mean & mean what you say. FOMO definitely has people feeling certain ways, but learn to understand your desires and needs and manage your own schedules. Respect peoples time, finances and plans. It's someone else's weekend too, day out too, experience too, opportunity too.



Being Someone You're Not

There are many quotes you can read which will teach you in very poetic ways why being authentically yourself has always been a desired attribute. When you put on facades and assume different characters, it's not only hard work on you, but other people will never really connect with you'll question why you never form bonds. Say what you mean & mean what you say.

Apply these



Don't Wait, Initiate

Give and take creates a rhythm. When one person is left to do the work of two, or more people, the rhythm is no longer a rhythm, it's a lot of work & a lot of noise. Therefore, it's on you as much as it is on others, to initiate a text, a call, an email, a meet up. Don't be the person who always waits to be asked, use your initiative to initiate and let your actions show that you're interested in cultivating deeper bonds in your relationships.



Put Your Phone Down

Some people prefer to and may only have the option of being in your life via a phone and whilst that's ok, it's important that when you're giving time to your person/people, that you're 100% present. That means putting not getting distracted, showing interest, care & love. Not just feeling, but showing because people can't delve inside of you to see what's going on on the inside, it's on you to show them in a way they can see and understand.



Go Further, Deeper & Beyond

In order to take something to another level, it may require a different strategy, a different technique, different outlook, perspective and approach. In this case, know what you want to feel in your relationships and don't be afraid to ask the questions, put in the work, invest the time in order to get that result.



My Go-to's for Cultivating Deeper Bonds

Exude & reassure safety & trust
Be curious
Go the extra mile
After each conversation, learn something new
Communicate consistently
Study self awareness
Be comfortable with vulnerability
Create opportunities for interaction
Be real
Give more than you take
Ask questions
Share meals
Care genuinely
Be non-judgemental
Remember something interesting they once shared & talk about it
Discuss topics where you get to learn about their thoughts
Be ok with sharing silence together
Keep lines of communication open
Have meaningful conversations
Don't try too hard; be natural
Share your goals and support each other
Be spontaneous
Encourage authenticity in yourself and others
Develop a deep trust
Listen with an interest to learn
Be patient
Master what the right amount of absence is
Learn love languages, then speak them