



charting depth of connection

For each minute of your meeting, please put an 'X' in the box to indicate how deeply connected you feel with the other person. A rating of 0 indicates that you do not feel any interpersonal connection. A rating of 10 indicates that you feel very deeply connected.

0 = not at all connected

depth of connection

0																				
1																				
2																				
3																				
4																				
5																				
6																				
7																				
8																				
9																				
10																				
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20

10 = very deeply connected

time in minutes

adapted from Mick Cooper, 2010