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**The Power of Community**

1. **Identify Connections**
   * List three people in your life who you feel a strong connection with (friends, family members, colleagues, neighbors, ALD folks, etc.). For each person, briefly describe what makes the connection meaningful to you.
2. **Connection Barriers**
   * Identify any challenges or barriers you face when trying to connect with others. These could be personal (e.g., shyness) or situational (e.g., they are not connected to ALD).
   * List strategies to overcome these barriers and strengthen your connections.