

Rebuilding Social Circles

Day 6 - Give First

Contribution creates closeness.

Why this helps

Offering help or sharing a skill sparks reciprocity and warmth. Giving first moves you from 'guest' to 'valued member' in any group.

How to do it

Pick one small contribution: bring extra fruit to share, help set up chairs, teach a simple recipe, or check on a neighbor's errand.

Example

Friday study circle: arrive 10 minutes early to arrange mats and pour tea. Next week: bring homemade biscuits.

Activity - Contribution Plan

Where I will contribute

What I will do (small, specific)

When (day/time)

One sign it made a difference
