

Belonging @jeffgpresents

1. What are some of your favourite movie trilogies?
2. How would you explain Jim Preston's decision to wake up Aurora Lane?
3. Can you relate to Jim Preston's predicament of having the technology and physical necessities to live, but lacking the deep personal connections to be truly alive?
4. Do you think this is a feeling more widespread in our society than it used to be? Do you feel it is becoming more widespread among young people?
5. What does the acronym BeLONG stand for?
6. Which of those 4 characteristics do you find the easiest to show? The hardest?
7. What are some actions can you take in building community where everyone belongs, now and in the future?

Looking for more? Read how [Dr. Jean Twenge believes that smartphones have affected the mental health of young people today.](#)