



ENABLE EXERCISE #37

Expanding Your Social Network

Instructions: According to Robin Dunbar's social-brain hypothesis (2014), the human brain evolved to accommodate social groups of about 150 people. We have about 5 people in our *sympathy clique* (people we turn to in times of emotional distress). We spend about 40% of our time with these people.

List the 5 people you would include in your *sympathy clique*:

1. _____
2. _____
3. _____
4. _____
5. _____

Now we want to encourage you to expand your core social group. Over the next 3 days, try to include 3 more people in your *support group*.

List the 3 people you will add to your *support group*:

1. _____
2. _____
3. _____