

ATTACHMENT Hiding - Here are suggested questions to ask yourself or discuss within a group:

1. Do you find value relationally? If your answer is yes, what helps you find value in a relationship? If your answer is no, what keeps you from finding value in a relationship?

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2. Under what circumstances do you enjoy being alone? How does being alone minister to your needs?

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3. Thinking of your local congregation and ministry, describe how your strengths and skill set are being used to meet needs within your local body of Christ?

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4. Based on 1 Corinthians 12:15-21, does either of these two statements describe your core belief about yourself and your relationships within your congregation – “I do not belong” or “I don’t need you”? If yes, describe from your perspective, why that phrase is truly how you feel.

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5. Do you feel comfortable expressing your needs? What helps you feel more comfortable and free to share vulnerably and honestly? (I.e. specific traits in the other person, your emotional state, or mental health)

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6. Do you think you have developed a Hiding pattern for the Attachment need that God has designed within you? If yes, describe the Hiding pattern (Devaluation, Lone Ranger, Rescuer, or other)

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7. If there is a Hiding pattern, describe the main fear you have that makes it difficult and too risky to re-engage relationally.

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