

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

1. In your family growing up, with whom did you experience an emotionally-bonded connection? What allowed it to develop? If you did not have that within your primary family, why did it not develop?

2. Who are your deep, connected relationships, where they regularly see your strengths, weaknesses and emotions? You feel accepted, valued and hopeful. If not, what's the main barrier?

3. Because attachment is designed by God to be a need within us, we will attach to something. Describe any non-relational attachment that helps you feel valued and accepted, such as sports, academics or hobbies?

4. On a scale from 1 to 10, how would you describe your level of isolation from others? (1 means you are a relational person and love connecting with others and 10 means you have no close relationships and prefer to be by yourself). State the reason and perspective for your rating.

5. When you feel negative emotions such as rejection, not being valued, shame or relational hurt, how do you react? (move away, move inward, move to please, move against) and how do you comfort yourself?

6. What are your greatest fears of having close, transparent, and authentic relationships with other Christians? (Such as a re-injury of past hurts, not being accepted, shame, or being judged).

7. What do you need to initiate and develop these bonding connections with others?
