

AUTHORITY and ADULTHOOD Hiding - Here are suggested questions to ask yourself or discuss within a group:

1. Have you ever experienced the “One-Down” position from an authority figure, where you felt controlled, powerless or “I’m never good enough”? If so, describe that experience and how it affected your view of authority.

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2. Have you ever had to submit to a “Babylonian King” in your life? If yes, what helped you get through it?

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3. Growing up, did you feel the freedom to question authority or share what you really thought? If no, why not? If yes, what contributed to that culture?

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4. Do you ever struggle with being honest and transparent with authority figures? If yes, which specific authority figures (parent, boss, church leader, teacher, law enforcement) and what are your greatest fears that keep you from being honest and transparent with authority figures?

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5. Have you ever experienced the “One-Up” position as an authority figure, where you had the power, control or influence? If yes, describe how it made you feel and why it was either easy or hard for you.

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6. Under what circumstances do you feel a strong urge to rebel?

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7. Describe any specific hiding pattern or coping mechanism you use to deal with authority.

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