

HEALING Part 1 of 2 - Here are suggested questions to ask yourself or discuss within a group:

1. When you experience emotional pain, who is your spiritual, loving “safe” relationship for withdrawal support? If you don’t have such a person, what steps are needed to identify one?

2. Considering that “safe” relationship from question #1, how effective are they in helping you process the pain, identify lessons learned and prepare you for re-attachment?

3. Considering the withdrawal examples given for Jesus, Elijah and Joseph, which one surprised you the most and why?

4. Of the characteristics mentioned describing a “safe” relationship (they are recovering from pain; they will bring you grace and truth; not critical or parental), which one means the most to you and why?

5. Have you ever had a relational experience where the person brought you truth, but you didn’t receive enough grace? What was it about that interaction that made you feel that way?

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7. Have you ever experienced emotional pain that has not been healed, so that you can re-engage relationally? Briefly describe it and how the isolation has affected you?
