

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

1. How do you feel about embracing an intentional effort to grow spiritually through engaging in safe relationships that will bring you both grace and truth? (Excited, confident, fearful, resistant, etc.) Why?

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2. Which of the four, God-designed parts of your soul do you think is the most underdeveloped (Attachment, Separateness, Resolving our Good/Bad Selves, Adulthood/Authority)? Why?

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3. Based on what you know about yourself, describe a wound or deficit that you feel came from your parent's sin, your parent's inabilities, your sin or circumstances from a fallen world.

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4. Applying the described trust-injury cycle to you (wound→hiding→healing or isolation); do you usually engage relationally through this process or handle it alone? Why?

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5. Applying the described trust-injury cycle to you (wound→hiding→healing or isolation); do you usually find healing or get stuck in isolation? Why?

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6. It's okay to be needy. Under what circumstances do you view your needs as bad or you tend to deny your needs because they bring negative emotions or negative reactions from others?

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7. When one of the four, God-designed parts of your soul is underdeveloped, without healing you usually adapt. Describe any false solutions that you have tried in order to adapt to your wound rather than heal it.

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