

RESOLVING GOOD/BAD SELVES Hiding - Here are suggested questions to ask yourself or discuss within a group:

1. Describe your home environment growing up in terms of the expectations from your parents. Was it an atmosphere of being too rigid or unrealistic? If so, what affect did that have on your view of yourself?

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2. Describe your home environment growing up in terms of the expectations from your parents. Was it an atmosphere of being highly critical or shaming? If so, what affect did that have on your view of yourself?

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3. Did you have a high-achieving sibling or special needs sibling? If so, how well were your parents able to focus on your emotional needs and meet them?

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4. Do you struggle with Atelophobia, the fear of not being good enough? If so, how does it affect your seeking forgiveness from God, people or even yourself?

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5. What activities (sports, hobbies, volunteering or work-related) or relational dynamics (appreciation, being needed, mentoring or peace-making) that makes you feel the most valued?

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6. Do you think you have developed a Hiding pattern for the Resolving Our Good and Bad Selves need that God has designed within you? If yes, describe the Hiding pattern (Pollyanna, Victim, Undoing, 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 find forgiveness and acceptance relationally.

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