

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

1. Resolving the good and bad parts of ourselves allows us to function well in a fallen and sinful world. Do you find it difficult for you to accept the “bad parts” of yourself? If so, what makes it difficult?

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2. When you consider the “bad parts” of yourself, what is the primary emotion that you feel? (Examples may include guilt, shame, anger, rejection or disappointment) and how would you describe God’s view of you?

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3. Describe your home environment growing up in terms of the freedom to discuss hurts, mistakes or relational sins. Was it an atmosphere of freedom, acceptance and forgiveness or something else?

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4. Did you ever have an experience growing up when a trusted relationship emotionally withdrew when their sin was discussed or shamed you when your sin was discussed? If so, describe the event.

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5. Would you describe yourself as a “rule-follower”? Do you gravitate in your thinking to insist that the rules be followed, defining rules or assessing situations based on rules. If so, why is that so important to you?

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6. Do you ever struggle with “All or Nothing” thinking? If so, under what circumstance and relationship does it occur? Describe any fears that you have during those moments.

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7. Do you ever struggle with “Black and White” thinking? If so, under what circumstance and relationship does it occur? Describe any fears that you have during those moments.

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