

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

1. Have you seen any current enmeshment issues within your family, extended family or friendships? If so, how is it affecting you and your lifestyle as an adult?

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2. If you have any addictions that you are not overcoming, are they connected to any relational issues from the past? If so, what is the real issue of your struggle? Is your anger directed to the wrong person/thing?

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3. Have you had any experiences in the past where you were abandoned or withdrawn from relationally? If so, what were the circumstances?

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4. With regard to #3, how did that experience affect your responses today in your relationships? (I.e. do you choose to not speak up, allow others to manipulate you, compromise your values or hesitate to give your heart/trust)

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5. What changes would help you feel the freedom to express your own values, preferences and dreams without hesitation? These changes could be either in you or in others.

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6. Are any of your relationships “entangled” where either you are manipulating someone else or you are allowing someone else to manipulate you? If so, describe the situation.

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7. With regard to these Separateness Hiding patterns (Entangled, Dependence or Manipulation), is there a specific one that has been difficult for you to “take to heart”? If so, which one and why?

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