

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

1. Separateness clearly defines your gifts and limits. Do you feel you have an accurate understanding of your gifts? If so, what are your strengths and gifts? What are your physical or health-related limits?

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2. Separateness gives you the confidence that your opinion matters and should be shared. Under what circumstances do you hesitate to respectfully share what's on your heart without reservation or fear?

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3. Are there any relationships where you do not feel the freedom to say "No"? If so, which ones and why can't you say "No" to them?

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4. Have you seen any enmeshment issues within your family growing up? If so, how did it affect you and your development from childhood into an adult?

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5. If you struggle or are entangled with another relationship where you are either carrying someone else's load or you are allowing someone to carry your load, what is the fear or motive or event that caused it?

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6. If you struggle or are entangled with another relationship... which thinking best describes you and why? *Magical* (unrealistic ideals rather than reality), *Doomsday* (struggling with no solution or hope), *Catastrophic* (imagining the worst even when it's ok) or *Victimized* (helpless and powerless to change)

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7. Which of your boundaries tend to be blurry and why? (too much drama, it's hard making decisions, you feel guilty or fearful for others well-being, frequent exhaustion or you hate letting other people down)

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