

AND THE HITS JUST KEEP ON COMING

Part 3

While we can't avoid tough times, there's something we all need in order to navigate them. It just takes time and intentionality to get it.

Discussion Questions

1. During difficult times, is your tendency to reach out or to retreat? Why?
2. Where would you put yourself on this scale?

[_____]
I don't have anyone who really knows me. I have friends who know me fully and I can count on.

3. If you have a relationship(s) that grounds you, what would you say was the main thing that caused your relationship(s) to get to that level?
4. If you'd like to build relationships that ground you, where can you begin? Is there a friend from the past you can reach out to? Is there someone you've connected with that you could be more intentional about getting to know?
5. What could you do to be the type of friend you want others to be for you?