



1. If you were a Swiss Army Knife, which of the folding tools would you be and why? (Have fun with this one! No wrong answers...be creative!)
2. In your closest relationships, where do you have a tendency to give more than you take? Or, put another way, in what ways are you most likely to feel the pressure to be/do whatever someone else needs? Why?
3. When it comes to communicating your relational needs to those you are in relationships with, what gets in the way? Does it come naturally? What makes it hard to do for you?
4. We defined “attachment” as the emotional connectedness that leads to security in our relationships. In what relationship(s) do you feel this the most? How has it developed?
5. We said that sharing vulnerabilities, while risky, can lead to even stronger (and healthier) attachments. Think about a current "struggle" or "agony" you are facing. Is there anyone in your life who actually knows the full weight of it? What stops you from sharing that vulnerability to build a deeper connection with them?
6. We said that “attunement” is the need to be seen and known, where a “friend’s face matches your feelings.” Share about a time where you didn't need a "fix," you just needed someone to "be there"? How might you better communicate the need for presence rather than solutions?
7. We said that “autonomy” is the ability to self-govern, have agency, and make choices that are in alignment with your values and purpose. In this season of life, what is one way you are trying to (or desire to) live out your purpose? What do you need from those closest to you in order to do that? How might you (or how have you) let others know what you need?
8. What is one need you have been trying to meet on your own lately? How can you invite someone else into that space?