

i guess
i haven't
learned
that yet

**family
conversation
questions**

session one

**when change
comes...and it
always does**

**What changes are
you struggling to
navigate this week?**

**What areas are you
curious to become
more competent in?**

**Do you like change
or does it cause
some anxiety in
you?**

**What makes you
nervous about new
things or being a
learner at
something?**

**What areas would
you consider
yourself an expert
in, or at least very
competent?**

**What areas are you
recently facing in
which you feel like
a rookie?**

**Is there something
you used to believe
or “know” that is no
longer helpful?**

**How can we have
compassion on
those around us
who might be
rookies?**

**Do you find it
easier to give others
grace or give
yourself grace?**

**What are 2-3 things
you couldn't
imagine living
without?**

**Are there areas of
your life you give
too much effort?**

**How would you rate
your ability for
self-care on a scale
of 1-10?**

**Do you ever not
feel at home in
your body?**

**Who do you know is
really good at being
kind to themselves?**

**What are you
surprisingly
grateful for?**

**What does it mean
for you show up as
yourself at school
(work, church, etc)?**

session two

questions, questions

**What is something
you do that isn't
useful or
productive but is
beneficial for you?**

**What lingering
question do you
have that by this
point you're too
afraid to ask?**

**How does it feel to
be in a group where
you know 1-5% of
the people?**

**What's a go-to
question you ask
when you meet
someone new?**

**What question do
you not like when
someone new asks
it of you?**

**Do you prefer to
ask questions of
others or answer
questions from
others?**

**In what ways does
prayer work or not
work for you?**

**What is something
you'd like to learn
in the next year?**

session four

learning to be brave

**How do you feel
sharing a meal with
a group of friends?
Extended family?
Acquaintances?**

**Do you agree with
the phrase "life is
better when we
don't go it alone."
Why or why not?**

**What truth requires
some bravery of
you to speak it right
now?**

**How are you
protecting your
heart from
meanness, hostility,
or cynicism this
week?**

**What's saving you
lately? What is
bringing you hope?**

**What does being
present in the
moment mean to
you and look like?
How do you practice
it?**

**Is there something
you've believed or
been told you
shouldn't feel or
think?**

**How can you put
yourself in the path
of joy this week?**

session five

coming home

**What is your
favorite season of
the year?**

**Is there a physical
activity that soothes
your mind or
emotions?**

**How do you feel
when someone talks
about death?**

**In which area of
your life do you
need to
“keep going”?**

**Where do you go
for inspiration?**

**Do you believe the
world is still
beautiful? What
would it take to say
"still yes"?**

**Which places are
home for you?**

**What award would
you give yourself
for this past year?**