

❖ Questions for Chapter 2

1. The book says: “*No one has had a perfect childhood and there are no perfect families.*” What events in your past did this chapter bring to your mind? How are they obstacles to your emotional well-being and growth?
2. What insecure attachments do you think you may still experience? In what ways were significant people in your life not there for you?
3. Are your reactions to these obstacles typically more • *avoidant, where you shun intimacy*, • *ambivalent, where you are anxious or preoccupied*, or • *disorganized, where you lack effective coping strategies*?
4. Can you identify major Type A (experience of neglect) and Type B traumas (inflicted pain) that you have experienced and still affect you today?
5. What does the book mean, “*shame is the opposite of joy*”?
6. In what ways do you feel shame?
7. What masks do you wear at times? What lies cause you to wear these masks?
8. What tends to trigger you? What unresolved wounds cause this in you?
9. Are you ready to move beyond these issues?
10. Do you have hope that you can become amazing?