

Questions for Chapter 6

1. This chapter starts out with this proposition: “*We were made for bonded, intimate relationships. It’s how God designed us.*” Do you agree with this, and if so, why are intimate relationships so critical?
2. It also says: “*We’re hard wired to spot weakness, and we have learned to use that skill to our own advantage. We became people of fear instead of people of joy.*” What is your own response to this?
3. In the text, Dr. van der Kolk lists 5 effects of trauma. Which of these have you experienced, if any?
4. Did you look up the *19 Relational Skills* that were mentioned? Which of these are strengths of yours? Which are weaknesses? What can you do to build your relational skills?
5. Do you agree with the statement that “*the more joy you have, the stickier you become*”? If so, explain.
6. In the chapter, Dr. Lehman lists some signs that we have shut down relationally. Which of these are ways that you tend to shut down? Will being aware of these help you recognize more quickly when you are beginning to shut down?
7. “*We become what we see in the people who we admire.*” How might you capitalize on this natural inclination to imitate others, especially in terms of choosing whom to spend time with?
8. Can you relate to the statement of *true identity* that concluded this chapter? How might you customize it to make it your own?