

GENESIS PROCESS

SELF DISCOVERY QUESTIONS

These questions will give you some ideas of what to ask each other to gain insight when sharing the Weekly Self Evaluation.

Purpose: To create an atmosphere of respect and trust. The goal is to stimulate insight without giving advice. Assisting others in the self discovery process is not about having the right answers, but rather asking the right questions. Good questions help people have insight into what happened in the past and how it is still affecting them. Finding their own answers has a much greater impact on a person than having answers supplied by others, especially when the answers come in the form of unasked for advice.

Main Question: What are you struggling with this week? The symptom. Then help them name the underlying issue. I.e. identify causes rather than symptoms; anger is a symptom of fear. Overeating is a symptom of anxiety etc.

1. Where are you on The Faster Scale?
2. How is it affecting your behavior, thoughts and emotions?
3. How is it affecting your relationships?
4. How does it keep you safe?
5. How does it protect you from being vulnerable or hurt?
6. How does it give you power and control?
7. What is the purpose of the behavior?
8. What would you experience if you gave it up?
9. What benefit are you getting from this behavior?
10. What would it take to make this problem painful enough that you would change?
11. What are you not willing to do to change?
12. Who could you ask that can give an honest answer to this question?
13. Where does God fit into this problem?
14. If you ask Jesus about this, what do you think He would say?
15. Who is someone you know that is healthy in this area that can help you?