

SELF DISCOVERY

QUESTION IS NOT:	QUESTION IS:
Do others love me?	Do I love myself?
Do I have the gifts and strengths that I need for my life?	Am I seeking to discover my gifts and my strengths?
Am I loveable?	Am I trying to discover what it means to love?
How can I avoid failing?	How do I deal with failure?
How can I avoid all risks?	How do I decide which risks may be a source of life for me?
Do I have all the information that I need to be sure in making this decision?	Have I sought enough information so that I can act responsibly?
What if others do not approve of my decisions?	Do I have confidence that this decision is faithful to my life?
RELATIONSHIPS	
Will someone I hurt forgive me?	Can I forgive myself when I hurt another?
How have others failed me?	Am I failing myself and therefore failing my friends?
Can I trust another person?	Do I trust myself?
Why do I love so imperfectly?	How can I accept the fact that all human loving is imperfect?
How can I avoid fighting?	What does it mean to be fair when we do face conflict?
BROKEN RELATIONSHIPS	
Why has this friend failed me?	How have I failed myself?
Why must I grieve?	How am I grieving?
Will I find another friend	When am I ready to enter another relationship?
QUESTIONS RELATED TO GOD	
Will God punish me for this?	Why have I chosen to punish myself?
Will God forgive me?	Can I forgive myself?
what will life be like in heaven?	How am I living now?
In light of my answers what do I think is my next step toward empowerment?	