

Tired of Trying To Measure Up – Jeff VanVonderen

Chapter 1 & 2: Discussion Questions

1. Talk about times when you have felt that you could never measure up to the demand of those around you (include God).
2. In what ways have you tried to measure up?
3. How do you understand the difference between guilt and shame?
4. Describe a time when you have experienced each
5. How have your behaviours, actions toward others and view of yourself been shaped by shame? (Use the lists in Chapter 2 as a starting point)