

Tired of Trying To Measure Up – Jeff VanVonderen

Chapter 3: Discussion Questions

1. Have you ever had a sense that aspects of past relationships remain unresolved? Explain.
2. How have you been affected in positive ways by the strength of another family member?
3. How have you been affected in negative ways by the problems of another family member?
4. Describe a time when you tried to help someone in trouble and were successful
5. Describe a situation in which you adjusted your behaviour, covered up your emotions or denied your opinion in order to help someone, and this really made the situation worse
6. Have you ever been 'stuck?' Explain.