

Tired of Trying To Measure Up – Jeff VanVonderen

Chapter 4: Discussion Questions

1. Talk about a person in your past, from whom you received messages that you were: loved, and accepted without strings; special and capable; supported to face the struggles of life?
2. How do you feel about that person?
3. If there was no one, how does that feel?
4. Now talk about a relationship in which you experience the opposite messages (e.g., not loved, worthless, never good enough, alone)
5. Using a list of 10 characteristics in chapter 4, share how you have experienced various dynamics of shame-based relationships
6. What are some of the unspoken rules that have governed past relationships? Present relationships?