

Tired of Trying To Measure Up – Jeff VanVonderen

Chapter 5 & 6: Discussion Questions

1. What are some ways you have experienced a sense of being “less than” a person as a result of acting certain ways?
2. Have you experience divorce, addiction, abuse, or abandonment in your family of origin?
3. What are some of the things these experiences seemed to be saying about you as a family member?
4. Describe ways you have tried to overcome past “something wrong with me” messages
5. Talk about a time when you felt controlled or manipulated by someone in a place of spiritual authority
6. How have you been encouraged to be emotionally dishonest in the name of being spiritually good enough?