The Mask

Outside:

* How do (or did) you have to show up in that relationship?
* How do (or did) you survive? (i.e. walking on eggshells, keeping my head down and my mouth shut, etc.)
* What kind of actions did you have to take?
* What kind of actions do you find yourself still taking?
* How do you present yourself? (May look like, “I don’t care.”)

Inside

* How do (or did) you feel on the inside?
* What is (or was) your internal system saying?
* What kind of coping do (or did) you have to do?
* What protective factors do (or did) you have to create around you to live in this relationship?
* Can leave it open-ended: “I hear you talking a lot about how your dad is really strict and your thoughts and feelings don’t really matter. How do you think that shows up in your relationships today?

Possible spiritual exploration:

* Ways that God has showed up for them (Could be through a significant adult, i.e. family member, teacher, friend, a song, a passage of scripture.) Things He showed you through this other entity.
* Ways God has brought or is bringing healing to their wound.
* Things God is developing in them.
* Ways God is using this in their life/ministry to others.
* Ways they hope God will use this in their future.