



## WEEKLY QUESTIONS - THE DANCE OF CONNECTION

### Week 2: Ch. 4-6

The questions below are intended to make you think about the material you are reading and how it applies to your own life, as well as where you can make changes. You can answer these questions on your blog, in a journal, or in our [Facebook group](#) – or all of the above! If you are behind, don't worry. All the information will be there for you to come back to at your own pace. No stress. No judgment. No guilt!

#### QUESTIONS:

1. These days, it seems like we are SUPPOSED to share everything about our lives publicly – from the fight with our spouse to what we had for lunch to the strange rash on our inner thigh. HL says that while some level of self-disclosure allows us to connect with others, too much can actually hamper our ability to build relationships. Where are you on this continuum? What are you comfortable sharing? Has your comfort level changed as you have aged?
2. One of the challenges some of our group had with the Brene Brown book was the level of sharing and disclosure she called for – basically, throw it all on the table and dissect it! HL takes a different view and even says, “Not everyone finds solace in revealing the personal.” Do you receive comfort from sharing, or does it make you TOO uncomfortable?
3. HL returns to the idea of over-functioners and under-functioners that we've discussed in other books. Are you a “fixer?” If so, this week, try to be present rather than immediately jumping in to fix when you are presented with a situation you'd be tempted to help out in (that was bad English, but you know what I mean!).
4. HL says, “It takes courage to ask for help.” Agree or disagree? When is the last time

you asked for help?

5. Ch. 5 covers the topic of “faking it until you make it.” What do you think about pretending “as if?” Does it feel fake, inauthentic, forced, or does it feel like something that helps you model behaviors you'd like to adopt?
  
6. In Ch. 5, HL describes a relationship between a couple named Tim and Jill, where Tim is the pursuer and Jill runs in the other direction. Does this relationship “dance” seem familiar to you? Are you more Tim or Jill?
  
7. HL describes a letter that Tim wrote to Jill, outlining his desire to respect her decisions and laying out his ideal behavior, which he didn't necessarily believe at the time. What's the difference between this type of communication and manipulation?
  
8. I loved this quote in Ch. 5: “It's not fair to allow another person to dominate the conversation and then blame them for it.” We so often relinquish our power, saying, “She wouldn't stop talking,” or “He just went on and on about himself.” Have you done this? Is there a relationship in your life that seems out of balance?
  
9. In Ch. 6, HL continues to hold us accountable for our actions – or lack thereof. She says that when we stay silent when something is bothering us, we're actually PROTECTING the other person. What are you silent about in your “first family?” Is there a topic you feel it's time to speak up about? (More poor grammar – haha)!
  
10. HL emphasizes there are no absolute rights or wrongs when it comes to speaking up. Instead, we should ask: “How's it working,” and “What's my goal.” Are there relationships in which your old ways of relating are no longer working? What's one small change you are willing to make to bring about change?
  
11. HL writes, “When speaking to any hot issue with a family member, we should stay focused on what we want to say about ourselves, rather than eliciting a particular response from the other person.” Why does she focus on US rather than on the results of what we will say?

12. What are your biggest takeaways or “Aha!” realizations from this section?

***“...If our old ways of speaking or staying silent are bringing us pain,  
it won't help to do more of the same.”***