



## WEEKLY QUESTIONS - SCARY CLOSE

### Week 1: Intro – Ch. 4

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. The author, Donald Miller, maintains that “To have an intimate relationship, you have to show people who you really are.” Do you disagree or agree? Can you know others without letting them know you, or is it always a two-way street?
2. A lot of DM's story is about letting go of his actor persona, the part of his personality that feels he must perform in order to get attention and love. Do you feel that you must perform? Is that feeling the same in all areas, or specific to some (parenting, friendships, romantic relationships, work, etc.)?
3. In Chapter 2, DM talks about how his friend Bob continually tells him that he's “good at relationships,” even when he has demonstrated a lot of failure in romantic relationships, and feels like he's BAD at relationships. Why do you think Bob kept telling him, “Don, you're good at relationships?” What was the impact on Don?
4. In Chapter 3, DM talks about his time at Onsite and how one of the leaders there, Bill, explained that we cover our self up with a false self in order to protect ourselves. Don says he performs through intelligence and humor – his “act.” How do you perform to cover and protect yourself?
5. In Chapter 4, DM tells a story about his first encounter with shame as a young boy. He says he “sided against himself.” Have you ever sided against yourself? Recall the situation. Who was involved, and why did you accept the idea that you are not OK? What was the result?
6. We all wear “costumes” – Supermom, Good Girl, Star Student, Troublemaker, Wonderful Friend, etc. What are some of our favorite costumes to wear? How do they

help to protect yourself, and what is the cost for keeping these costumes on?

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

**Summary:**

- We naturally develop an “act” to protect our inner self from pain and judgment.
- Unfortunately, that act keeps us from really being known. And when no one knows the real “us,” we fear intimacy.
- The only solution is to let people in – but that's the very thing we fear! The only way out is through.

***“The more we hide, the harder it is to be known. And we have to be known to connect.”***