



## WEEKLY QUESTIONS - THE DANCE OF CONNECTION

### Week 1: Prologue + Ch. 1-3

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. Have you ever heard the phrase, “Do you want to be right or do you want to be happy?” Which side have you typically chosen?
2. How well would you say you do in expressing yourself in times of conflict? Is your typical response flight, fight, ignore?
3. What is one close relationship you'd like to be more “hear” in?
4. On page 3 of Ch. 1, Harriet Lerner lays out seven results from having an authentic voice. Which of the seven seems most appealing to you?
5. In Ch. 2, HL describes what it was like to grow up with her father, and a bit of his history. One thing she says about her parents is, “...the qualities that initially draw two people together are oftentimes the very same ones that they later complain about.” Has this been your experience?

6. If you also have trouble speaking up in your relationships now, does anything about Archie's story sound familiar?
  
7. HL's premise is that our family of origin is the source of our lessons about interacting with others. Are you open to this belief?
  
8. In Ch. 3, HL talks about "rigidly enforced" roles. What roles were enforced in your family of origin for you, or for some other family member?
  
9. What were some of the "unwritten rules" in your family of origin? Does your current family have similar rules?
  
10. What do you know about your extended family? Are you able to trace some of your traits back to distant relatives?
  
11. I love that HL sees redemption in even the most challenging of families. What are some of the positive outcomes of your challenges in your upbringing?
  
12. What are your biggest takeaways or "Aha!" realizations from this section?

***"If you can learn to speak clearly and to respond in a new way with your difficult mother or sister, then other relationships will be a piece of cake."***