



WEEKLY QUESTIONS - THE DANCE OF CONNECTION

Week 3: Ch. -9

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. We've talked in previous months about the need to be able to share our authentic self with others in our inner circle. Do you feel like your ability to share has increased in the last three months?
2. HL emphasizes that there is a difference between “acting as if” and inauthentic faking. Are you clear on this difference? (Hint: A lot depends on your motivations and where your desire is coming from. Is it an attempt at manipulation or an honest effort to operate from your “higher self?”)
3. HL says “Intense feelings, no matter how consuming, are hardly a measure of true and enduring closeness.” Agree or disagree?
4. I love the imagery that HL uses when describing our “urge to merge” in the early stages of relationships. We get such a high from realizing someone else is “just like us!” Do you feel that you are open to differences, or do you tend to view them as a sign of a weakness in the relationship? What HAS to be the same for you to be in a close relationship with someone else? Can you be CLOSE without feeling THE SAME?

5. Re-read the model of negotiating differences with clear boundaries on p. 95 in Ch. 7. There is so much to take note of. What are the important things that Judy did?

6. “We need to know what we're looking for in a partner, and we should never believe that our love (or nagging) has the power to create something that wasn't there to begin with.” Have you ever gone into a friendship or relationship, believing you could change the other person? How did it work out?

7. HL says that we need to trust ourselves to perceive and process important information in relationships. Have you had an experience where you “knew” something but went ahead with a decision you felt was wrong? What happened? How did you “know?”

8. HL defines the process for establishing a bottom line in Ch. 8. What is one of your “bottom lines” in a relationship or friendship?

9. HL believes that “tolerating” behavior damages the tolerate-or and the tolerate-ee. Can you see that this might be possible? What is something you are tolerating that might be damaging yourself AND the other person?

10. We can damage our relationships when we don't speak our truth. HL doesn't advocate giving unsolicited advice, but she also doesn't suggest we just shut our mouth. “Intimacy and honor are sacrificed in a close relationship when we withhold our genuine response.” Is there a “genuine response” in a close relationship that you've been hiding?

11. I think it's absolutely brilliant the way HL distinguishes between drawing a line and trying to change the other person. Describe how it's different. (Hint: See p. 118-119 for help).

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

“Intimacy and honor are sacrificed in a close relationship when we withhold our genuine response.”