



WEEKLY QUESTIONS - THE DANCE OF CONNECTION

Week 5: Ch. 13-Epilogue

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. Chapter 13 is all about apologies. Is there someone in your life who NEVER apologizes, even when they are in the wrong? And what about you – are you someone who apologizes easily, or do you find it difficult to say, “I’m sorry?”
2. What are some of your beliefs about apologies? (See “The Challenge of Differences” in Ch. 13 for examples... such as, “If I apologize, the other person will use it against me,” or, “Apologies are just words and don't mean anything.”)
3. I loved when HL said, “...People can't be more honest with us than they are with themselves.” This reminded me of the Brene Brown principle, “They're doing the best they can.” What do you think about what HL said? How does it affect your desire for an admission of wrongdoing?
4. One of the most powerful elements of HL's work is her emphasis that our focus needs to be on ourselves, not on what we want from someone else. She says, “...Don't speak because you need an apology or validation. Rather, speak to focus on what you want to say about yourself for yourself.... The only reason to speak is because you need to speak.” What do YOU need/want to say?

5. Ch. 14 is about listening, particularly to complaining and negativity. Do you consider yourself a good listener? Why/Why not?

6. What a great reminder that in communication, our goal should be to deepen our connection with and understanding of the other person. It's about the RELATIONSHIP. So when we are dealing with a chronic complainer, we should avoid shutting down communication. Think of a "chronic complainer" in your life. Using HL's thoughts, what are some ways you can transform your conversations to move CLOSER? (It's critical to think about strategies beforehand. When you are in the moment, it's too late!)

7. In Ch. 15, HL talks about longing for apologies, closure, conversations with someone who has hurt you and refuses to talk about it. What did you think about her statement, "If it hasn't happened yet, the person who hurt you will never get it?"

8. What came through in this chapter for me is that sometimes it's just NOT ABOUT US. We can be what I call "civilian casualties," but we are not the cause of the rift. Are there times in your life where a relationship experienced a breakdown, and you found out later it had nothing to do with you?

9. What are your biggest takeaways or "Aha!" realizations from this section?

"Having an authentic voice requires us to operate from core values, rather than in reaction to the other person's immaturity."