



WEEKLY QUESTIONS - SCARY CLOSE

Week 2: Ch. 5 – Ch. 8

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. In Ch. 5, DM talks about “uncomfortable silences.” Do you feel that you must fill the silence? (If you answered “yes,” you probably feel that you need to perform or entertain to be worthy, as DM talked about in last week's reading. I can so relate to this – if there's a silence, **I must fill it.**)
2. I loved the description of never feeling like anything is “enough” in Ch. 5. “I never leave a workout satisfied or proud of myself,” DM writes. Can you relate to this – maybe not in physical exercise, but as a friend, or worker, or daughter, or...?
3. Also in Ch. 5, DM says that our imperfections are the glue that holds our relationships together, binding us to the people we love. As a recovering perfectionist, this is really hard for me to accept! But what if it were true... can you entertain that thought for just a split second? That we are loved BECAUSE of our flaws, not IN SPITE of them? How would that change your relationships (particularly your relationship with yourself)?
4. In Ch. 5, Don talks about coming to the conclusion that “other people aren't out to get us.” Sit with that for a moment. Have you been proceeding through life with an unstated belief that others will take advantage of us, manipulate us, or hurt us in some way if we don't protect ourselves?
5. The chair exercise that DM's therapist had him do in Ch. 6 is so compelling – he realized that his 9-year-old self had been forced to perform on command. Do you feel like when you are performing, it's a childish part of yourself, or another part? (No right or wrong answer!)
6. In Ch. 6, DM writes, “What attracts us doesn't always connect us.” What makes you

feel connected with others? What makes you feel distanced from others?

7. Ch. 7 is about safe people and healthy relationships. Who are the safe people in your life? Who are the unsafe people? Why haven't you detached from them yet?
8. What do you think a healthy person looks like? What characteristics do they have?
9. In Ch. 8 DM talks about having the same relationship over and over again, as he sought to validate himself "with a certain class of people." Do you find yourself repeating patterns in relationships? Do any of your "problem" relationships now look familiar, like other relationships you've had in the past?
10. I cringed when I read about DM's interaction with Betsy about the house. But at the same time, I've said or thought similar things. These have been the times when I've felt like I was most threatened. Can you relate – if not to the control aspects, but to the fear aspects?
11. What are your biggest takeaways or "Aha!" realizations from this section?

Summary:

- Perfectionists will never feel they are "enough." They must either end the cycle or drive themselves crazy trying to be "good enough."
- When we appear to have no cracks, we're actually sealing ourselves off from the love we so deeply crave – the desire to be known and appreciated for ourselves, imperfections and all.
- Safe people are healthy people. Unsafe, unhealthy people cannot have healthy relationships.
- We have a choice whether or not to be in relationship with unhealthy people.
- We can distance ourselves AND still love unhealthy people.

"We don't think of our flaws as the glue that binds us to the people we love, but they are. Grace only sticks to our imperfections. Those who can't accept their imperfections can't accept grace either."