



## WEEKLY QUESTIONS - SCARY CLOSE

### Week 4: Ch. 13 – Ch. 16

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. DM summarizes Viktor Frankl's prescription for meaning in Ch. 13, which includes:
  - A project or purpose
  - A redemptive perspective on life's challenges
  - Sharing your life with those who love you unconditionally

What do you think about these elements? Do you have them all in your life? Did he miss anything?

2. In Ch. 14, DM talks about the need to have a sense of where your relationships are headed. In your closest relationships, do you have a clear destination of what you would like to have happen next? (Don't worry if you answer "No." Most people don't!)
3. In Ch. 14, DM says, "I'd made the mistake of becoming a reactionary in my relational life. I let friendships, business relationships, and even my relationship with Betsy take a natural course rather than guiding them to a healthy place." What do you think the "natural course" is for most relationships?
4. To me, the idea of sitting down with a friend and talking about "where our relationship is headed" is very scary! We just don't have those types of relationships or conversations. Have you had a friend where you discussed the state of your friendship and your commitment to each other? How did it go? Could you have this same sort of conversation with someone you're in relationship with now?
5. In Ch. 15 DM explains the description of a healthy relationship, as conveyed to him by one of his counselors at Onsite. It involves everyone staying on his or her own pillow. Are you more guilty of stepping on others' pillows, or allowing them to step on yours?

6. DM's counselor asks him why he spent so much time wondering what other people are thinking. Are you guilty of this habit (I certainly am!)?
7. "A person's love for you can't grow unless you hold that person loosely." What people in your life need to be held more loosely? What does that look like?
8. In Ch. 16, DM tells a story of a commitmentphobic friend, Joh, who would have panic attacks when he went to pick up his girlfriend's engagement ring. In this story, a therapist tells John, "Love was a decision, that it was as much something you made happen as it was something that happened to you." Do you agree or disagree? In your closest relationships, do you feel you made a decision to love?
9. At the end of the book, DM says that love will never be perfect, and that's okay. Does this idea make you feel depressed (because we will never get it right) or comforted (mistakes are expected)?
10. What are your biggest takeaways or "Aha!" realizations from this section?

**Summary:**

- Love is a choice as much as a feeling, if not more so.
- Anything important in our lives deserves forethought, including our relationships.
- Great relationships share a commitment to a joint future.
- Stay on your own pillow!
- We will never "get it right," and that's okay. We are growing in the process.

***"...I knew enough about life to know if there's no plan, the chances of success are limited."***