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**Session I – Bears on the Loose**

1. Why did you come to this workshop tonight? What are you hoping to get out of it?
2. Have you ever noticed any of the fight-or-flight symptoms when you face a minor stressor or maybe even no stressor at all?
3. How do you reset between stressors? Daily? Weekly?
4. How does it make you feel to know that mental/emotional struggles are part of being human?
5. Have you ever felt the pressure of stigma to keep quiet about your personal struggles? How does our silence make things worse?

**Questions I have for the upcoming Q & A time:**

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## **Session II – Where we go wrong and what we can do about it**

6. What major life changes have you been through recently? How can you seek support from God and other people?
  
7. When you face struggles in life, is your natural inclination to reach out for support or just deal with it yourself?
  
8. What difficult circumstances in your life do you need to learn to accept?
  
9. Is your life crazy busy? If so, why? Are there some things you need to let go of in order to have more peace?
  
10. How are you at saying no to people who make requests of your time or other resources?
  
11. What lies about yourself, others, or God have you bought into? What is the truth?
  
12. Where have you felt disappointed by life or another person? What can you do about it?
  
13. Do you tend to dwell on past mistakes or regrets? How can you get unstuck from this unhealthy pattern?
  
14. Do you tend to predict doom and failure as you think of your future? Is this kind of thinking doing you any good?
  
15. In what ways could taking better care of yourself result in better mental and emotional health?