

Session 08.

# REFLECTION QUESTIONS



Why is it important to look at our wounds, as a component of our healing process?



When thinking of trauma, what type of experiences come to mind? How does Robert's description of trauma help us understand the impact small but frequent types of trauma have on addictive behaviors?



How does identifying our triggers help us recognize areas of unprocessed trauma?



Describe in your own words a prophetic or personal promise. Why is discovering our prophetic or personal promise a crucial step in the healing process?



In what ways has this session prepared you to help others find healing?



After creating a Recovery Action Plan last week, what questions do you have?