

LENTEN HOPE RETREAT
Personal Reflection Questions: Talk 2

Have there been people that I have been able to be vulnerable with? With whom I can share my challenges and who can provide me with empathy? Who are/were they? How does/did that feel?

In what ways does shame block my ability to relate to people around me; even those closest to me?

Could I relate to any of the descriptions of trauma?

How did it feel to claim my identity during the talk as being God's beloved son or daughter?

Do I feel like a princess or a prince; have I ever felt that way? If I used to feel that way, when did I stop feeling that way?

How can St. Rita's become an even healthier, albeit not perfect, Body of Christ? What can I do to help make that happen?

What is one way that I could think or act differently as a result of hearing this talk?