

Growing in Self-Awareness

1. What do you think about yourself?
2. What thoughts or self-talk are you engaging in throughout your day?
3. What tasks, activities, or conversations drain your energy?
4. What tasks, activities, or conversations bring you life?
5. When was the last time you were grateful for something?
6. When is it hard for you to talk yourself down or get your mind out of a spiral?
7. When your mind wanders or when you zone out, what do your thoughts GO TO?
8. What are you currently worried, nervous, or anxious about?
9. What are you currently hopeful or excited for?
10. How do strong emotions usually impact the rest of your day?

11. How satisfied are you with the way your body feels?
12. What obstacles get in the way of you feeling the way you'd like to?
13. How satisfied are you with your role in sexual intimacy with your spouse?
14. What feels especially vulnerable to you when it comes to your own sexuality?
15. When was the last time you felt emotionally connected during sex?
16. When was the the last time you had a positive thought about your spouse?
17. When was the last time you had meaningful conversation?
18. What obstacles are currently keeping you from connecting the way you want to?
19. What kind of relationship do you want to have with God?
20. What keeps you from relationship with God?