
Changes That Heal-5 Part Series- Good & Bad-Part 4

Outline

Sorting Our Good & Bad

Step 3 in the developmental process is the ability to accept good and bad in the world, in others, and in ourselves. God created life and it was perfect; everything worked exactly as it was meant to. We were designed to live in that perfect world - but because of the fall we find ourselves in a world of both good and bad. How we handle the conflict between our idea of “how things should be” and the reality of “how things are” is critical to healthy development. Join Dr. Cloud and learn how to embrace good and bad in a way that helps you live a productive life.

Small group discussion questions:

1) How are you doing when it comes to embracing the negative - in yourself, in others, in the world? Do you experience any symptoms such as self-judgment, denial, or depression?

2) If you don't do this well, where do you think this came from? Did you grow up in a perfectionistic home? Was one or both of your parents judgmental or perfectionistic? Did your church tend to lean in this direction?

3) What skills will help you? Where should you go to learn how to normalize imperfection? Do you have a support group that will help you work on this?