

I Once Was Lost, but Now I Am Found

For months now, we have been confined to our homes, spending endless hours indoors, isolated and masked behind screens. The more time that we spend inside and away from social interactions, the harder it can become to reveal yourself and open up to others.

Thankfully, even during our most guarded moments, there are those who see us and can pull us out of the darkness to help us see beyond our wounds.

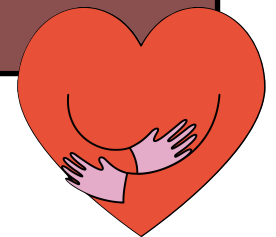
Who is that person for you? Who do you wish to thank in this moment for seeing you, even when you were hiding?

It can be hard to create moments of intimacy and openness when we aren't physically together.

But how can we intentionally build in time for true connection and “unmasking,” even over screens?

This activity includes a series of questions to help you unmask and connect to yourself and others. The questions grow in intimacy by stages, stage one being the lightest question and stage three the most intense.

Consider asking these questions at the beginning of a staff meeting, a family meal, or a Zoom call with friends.



Discussion Questions



Stage 1

- As a child, what do you think that I wanted to be?
- Do I seem like a morning person or night owl? Why?
- Do you think that I update my computer regularly or not?
- What subject do you think I was good at in school?
- What do you think I wanted to be when I grew up?
- What about me is strange or unfamiliar to you?
- Do you think that I daydream or dream at night?
- Do you think that I would prefer being in a cocoon or a beehive?

Stage 2

- If you had to give a title to this chapter of your life, what would it be?
- What has been your happiest memory this year so far?
- If you weren't living where you are, where would you be living and why?
- Have you had moments of meaningful connection with someone online? When were they?

Stage 3

- What is something that you regret?
- Have you ever broken a promise and why?
- When have you felt seen over Zoom?
- What is one major change that you have made in your life recently?
- What have you learned about yourself during this period of time that you want to integrate beyond this moment?

Debrief: What is something new that you learned about yourself? About others?



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