

I Once Was Lost, but Now I Am Found

Even in our most guarded and challenging moments, there are people who can pull us out of the darkness; who know us beyond our deepest wounds.

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

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

Consider asking these questions to deepen your relationships with others; you might use them to “break the ice” at the beginning of a staff meeting, a meal with family or friends, or during a call with a confidant.



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Discussion Questions



Stage 1

- 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 recently? When were they?

Stage 3

- What is something that you regret?
- Have you ever broken a promise and why?
- When have you felt “seen”—acknowledged for who you really are?
- What is one major change that you have made in your life recently?
- What is one major lesson you have learned about yourself?

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



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