

Try Softer Discussion Questions

1. What are some areas of your life you are white-knuckling your way through? How can you tell?
2. What parts of your story do you struggle to believe really matter? What's one step you can take to begin the journey of embracing your story?
3. Aundi says, "The stories we weave and the meaning we make from them create templates for how we understand God, life, others, and ourselves" (page 15). In what ways do your story and experiences color your experience of God?
4. Where in your story do you feel proud of yourself for what you've made it through or how you've adapted to change?
5. What attachment style do you resonate most strongly with? How do you see that style playing out in your current relationships?
6. How do you feel when you're hyperaroused, or in "fight/flight mode"? What about hypoaroused, or "freeze mode"? How can you tell you're in your window of tolerance? If you can, give examples/stories of each.
7. Describe an experience, if you have one, in which you keenly felt beloved by God?
8. Is there a boundary in your life that needs to be set in order for you to try softer? How can you move toward that boundary today?
9. Who is someone you can hold space for today? What does that look like, tangibly?
10. What is your relationship with your body? What are some ways you can try softer in this area of your life?
11. What are some of the statements/beliefs spoken by your inner critic? How can you reframe and readdress these statements to cultivate more compassionate attention?
12. If you could, what would you tell the younger version of yourself? What advice would you give her (or him) about trying softer and taking up space in the world?