

Landscapes of the Soul: Reflection Questions from Part 1

For each of the chapters in part 1, we will offer a few reflection questions to help you pull out the ideas from each chapter (cognitive), respond to those ideas (affective), and connect those ideas with your faith. We encourage you to engage the questions from all three categories.

Chapter 1

COGNITIVE

- What stands out to you from the explanation of social-emotional learning, trauma, or your connect/protect priority in your autonomic nervous system?
- What feels clearer to you after reading this? What do you find confusing?
- What feels like confirmation of your own experience? Where do you feel challenged or in conflict with an idea?

AFFECTIVE

- What did you notice feeling as you read about survival strategies? (Search online for “feelings wheel” to help put words to what you’re feeling.⁶)
- How did your body respond to what you read? Did you feel yourself slipping into protection mode? If so, what were you reading when you did?
- Did anything you read bring you calm and connection? What was it?

FAITH

- How do these understandings of survival and protection connect with your experience of God and of following Jesus?
- What sounded like good news to you?
- If you were to have a conversation about this chapter with Jesus (or another member of the Trinity— God the Father or God the Holy Spirit), what would you want to talk about?

Chapter 2

COGNITIVE

- What new ideas and thoughts stand out to you about faces and infant attachment?
- How have you observed this in families you know?
- What makes better sense to you after reading this? What do you find confusing?
- Where do you feel challenged or in conflict with an idea?

AFFECTIVE

- What are you feeling after reading about what's intended to happen between parents and infants? (Search online for "feelings wheel" to help you with words.)
- As you reflect on what you know about your own childhood, what emotions come up for you?
- How did your body respond to what you read?
- Did you feel yourself slipping into protection mode? If so, what were you reading when you did?
- Did anything you read bring you calm and connection? What was it? (Note: If you're a parent and you're noticing any sense of remorse over the way you parented in infancy and early childhood, keep reading. Encouragement is coming!)

FAITH

- How does the idea of God's face turned toward you connect with your experience of God and of following Jesus?
- What sounded like good news to you?
- If you were to have a conversation with Jesus (or another member of the Trinity) about this chapter, what would you want to talk about?

Chapter 3

COGNITIVE

- How are these explanations of intimacy and independence different from how you have understood them? What do you find helpful about these explanations?
- What do you find confusing?
- What feels like confirmation of your own experience?
- Where do you feel challenged or in conflict with an idea?

AFFECTIVE

- What are you feeling after reading about how you're designed to grow strong in both intimacy and independence? (Search online for "feelings wheel" to help you identify your feelings.)
- How did your body respond to what you read? Did you feel yourself slipping into protection mode? If so, what were you reading when you did?
- Did anything you read bring you calm and connection? What was it?

FAITH

- How does learning about God's desire to be intimate with you connect with your experience of God and of following Jesus? What about God's desire to give you independence?
- What sounded like good news to you?
- If you were to have a conversation with Jesus (or another member of the Trinity) about this chapter, what would you want to talk about?

Chapter 4

COGNITIVE

- What do you think of this idea of defaults that shape the way you see the world, others, God, and yourself?
- Based on what you see yourself doing in distress, what do you think your answers to these questions might be like?
- What feels clearer to you about how you handle distress after reading this? What do you find confusing? What do you find yourself wanting to know more about?

AFFECTIVE

- What are you feeling after reading about the defaults that God designed and how your answers to these questions might differ from the way you're designed to answer them? (Search online for "feelings wheel" to help put your finger on your emotions.)
- What feels encouraging to consider? What feels threatening?
- As you read, where did you notice yourself experiencing connection or protection?

FAITH

- How does mapping the defaults to faith, hope, and love connect with your experience of God and of following Jesus? What sounded like good news to you?
- If you were to have a conversation with Jesus (or another member of the Trinity) about this chapter, what would you want to talk about?