

Questions for Reflection

E49: Making Room for Silence

1. Are you uncomfortable with silence in a conversation? Reflect on that.
2. Do you tend to process your thoughts out loud or in silence? Why?
3. If silence is hard for you, is it possible you are afraid of what you will hear?
4. When is the last time you sat in silence? What did you hear?
5. If it has been awhile since you made room for silence, reflect on what you might be avoiding. Speak truth to yourself.

Discovering
OUR SCARS



With Steph & Beth