

E015 Why Belonging Really Matters — Discussion Questions

E015 Discussion Questions

Episode: E015 — Why Belonging Really Matters

For: Tea Sippers community, group study, workshop use

Opening Questions

1. When was the last time you answered "I'm fine" when you weren't? What were you really carrying?
2. What does "belonging" mean to you? Is it a place, a feeling, or a person?

Core Discussion

3. Karen held it alone for ten days. How long have you held something alone? What kept you from letting someone in?
4. "The communities we never dreamed of joining often become the places where we finally feel understood." What community do you belong to that you never chose?
5. Karen says "It wasn't pity I needed. It was hope." What's the difference? How do you know which one someone is offering?
6. "Tools aren't created to admire. The builder still needs them too." What wisdom do you give others that you withhold from yourself?

Deeper Reflection

7. If CHIA-TEA's door was open for you right now, what would you do first? Rest? Cry? Talk? Simply sit?
8. Who have you been keeping outside the door? What would it take to let them in?

Closing

9. What one honest sentence could you speak aloud this week to someone safe?
10. How can this group become a place where "I'm not okay" is welcome?

Airtable Table: Assets

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