

E009 Permission to Grow — Discussion Questions

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Episode: E009 — Permission to Grow

For: Tea Sippers community, group study, workshop use

Opening Questions

1. What is one belief you've carried for most of your life without really examining it? Where did it come from?
2. What does "permission to grow" mean to you? Does it feel freeing or frightening?

Core Discussion

3. Karen reframes karma: "Maybe the return for goodness isn't an easier road. Maybe it's becoming someone capable of walking difficult roads without losing themselves." How does that land for you?
4. Have you ever felt betrayed by an institution or community you trusted? What happened to your faith afterward?
5. What's the difference between "losing faith" and "relocating faith"? Have you experienced either?
6. Karen says "Don't become trapped defending a system when what you're protecting is the truth behind it." Can you think of a time you defended the container instead of the contents?

Deeper Reflection

7. Is there a belief in your life that feels tight right now? That the questions you're asking don't match the answers you inherited?
8. What would it mean to give yourself full, unconditional permission to change your mind about something significant?

Closing

9. What is one belief you're ready to look at with fresh eyes?
 10. How can this group hold space for each other's growth without judgment?
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Airtable Table: Assets

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