



D
Environment

A
Relationship
with God

B
Relationship
with others

C
Relationship
with self

A Look up (relationship with God):

- What is God like? What are His characteristics?
- What does God think of me?
- What is my theology of suffering? Why do people hurt?
- Do I have any unconfessed sins?
- How can I have greater intimacy with God? Do I want it?
- What are my most important values?

B Look around (relationship with others):

- What relationships fill me up? Drain me?
- Do I live out my values in my relationships?
- Do I have healthy boundaries?
- Am I able to communicate effectively?
- Have I wronged someone? Do I need to seek forgiveness?
- Have I been wronged? Do I need healing from old hurts?

C Look inside (relationship with self):

- What is my attachment style?
- How do my thoughts, feelings and behaviors interact?
- How does my body respond to stress/threat?
- Am I able to regulate my thoughts and emotions?
- Do I practice good self-care (sleep, diet, exercise)?
- What are my strengths? What are my gifts?

D Look outside (environment):

- What are the external pressures in my life?
- Are my physical needs being met?
- Where do I need community and support? Can I ask for it?