

## **PAIN**

### **BELIEFS**

- WHAT DO YOU BELIEVE IS THE MAIN THING THAT PAINFUL EXPERIENCES EXIST IN OUR LIVES FOR?
- DO YOU BELIEVE THERE IS A CENTRAL THEME OR QUESTION THAT SUFFERING OFFERS EACH PERSON?
- HOW MUCH OF SUFFERING DO YOU BELIEVE IS RELATED TO WHAT A PERSON DID IN A PREVIOUS LIFETIME?
- HOW MUCH OF SUFFERING DO YOU BELIEVE IS RELATED TO INJUSTICE CREATED BY GREEDY PEOPLE AT THE TOP OF SOCIETY AND SOCIAL INSTITUTIONS?
- HOW MUCH OF SUFFERING DO YOU BELIEVE IS RELATED TO HUMAN SELFISHNESS?
- HOW MUCH OF SUFFERING DO YOU BELIEVE IS RELATED TO PEOPLE NOT OBEYING GOD AND HIS LAW?
- HOW MUCH OF SUFFERING DO YOU BELIEVE IS RELATED TO WHAT PEOPLE BRING UPON THEMSELVES?
- HOW MUCH OF SUFFERING DO YOU BELIEVE IS RELATED TO WHAT A PERSON INHERITS IN THEIR GENES?
- HOW MUCH OF SUFFERING DO YOU BELIEVE IS RELATED TO WHAT A PERSON EXPERIENCES IN THEIR MOST INTIMATE ENVIRONMENT?
- DO YOU BELIEVE THAT TIME HEALS ALL WOUNDS?
- WHAT DO YOU BELIEVE ABOUT THE HELPFULNESS OF TALKING ABOUT THE PAST?

### **EXPERIENCES**

- HOW DO YOU TEND TO HANDLE PAINFUL EXPERIENCES?- GIVE UP?, IGNORE?, PRAY?, TRY TO UNDERSTAND?, SEEK HELP OF OTHERS?, BLAME SOMEONE ELSE?, TRUST IN GOD OR HIGHER POWER?, ENDURE IT HOPING IT WILL PASS?
- WHAT PEOPLE AND EXPERIENCES IN YOUR LIFE HAVE YOU BEEN HURT BY ?WHAT IS THE USUAL WAY YOU END UP GETTING HURT BY PEOPLE? IS THERE A PATTERN ? WHAT DOES THIS SAY ABOUT YOU? HAVE YOU LET GO OF THESE EXPERIENCES? WHAT CAN YOU DO TO BE ABLE TO DO SO? WHO CAN YOU TALK WITH? WHAT WOULD YOU SAY?
- WHEN HAVE YOU BEEN ABUSED?
- WHEN WERE YOU RIDICULED?
- WHEN WAS A TIME YOU WERE INSULTED?
- WERE YOU EVER FALSELY ACCUSED?
- WHEN WAS A TIME WHEN YOU FELT BETRAYED?
- WHEN WAS A TIME THAT YOU FELT USED?
- HAVE YOU EVER HAD AN EXPERIENCE AS A CRIME VICTIM?
- WHAT HAVE BEEN THE EXPERIENCES IN YOUR LIFE WHEN YOU FELT YOU WERE TREATED UNJUSTLY? HOW DID YOU FEEL? HOW DID YOU HANDLE THEM?
- WHAT IS SOMETHING YOU DO THAT WORKS AGAINST YOU?
- WHAT IS THE MOST TORTUROUS THING YOU CAN IMAGINE ENDURING?