

ALONE TOGETHER

ALONE?

Reflect on these questions.

Q: Do you feel isolated?

Q: Do you think you have the ability to go first and let out some of the issues that you are struggling with? Why?

Q: Do you think you have any responsibility to tell your story?

- Are there circumstances in which you think it might be unwise to tell your story? Write down why.

Q: "We're only as sick as our secrets," the old saying goes. How sick are you?

- Is there someone you trust enough to come out of your isolation a little bit? If not, would you be willing to ask God for such a friend? Would you be willing to start looking for that person?