

Chapter 6

- Examine the triggers for offense and consider which ones may apply.
- Consider some areas where you have felt offended and take the exercise of pondering deeper, and ask yourself, “What is causing me to be offended? Why am I taking this so personally?”
- Have you taken the time before to ask yourself what may be going on with the person who chose to do something that you felt offended by?
- What did you think when you paused to consider that?

Chapter 7

- Considering the process the author outlines on page 111 related to Amnon convincing himself to do something wrong for instant gratification, can you think of a time you may have gone through the same thought pattern to justify doing something you knew was not in your best interest?
- What behaviors can you identify that make you feel better but are not really productive for you?
- What are some ways you can replace seeking pleasure with living in purpose to help create fulfillment instead of chasing happiness?

Chapter 8

- Where have we experienced despair?
- Did we see where we allowed our thoughts to magnify a concern into despair?
- Considering the Shifts, what steps can you begin to put in place to derail despair from taking control?