



REGNUM CHRISTI
CONSECRATED WOMEN

Unveiling the Transformative Power of the Gaze

Week 1

QUESTIONNAIRE FOR PERSONAL REFLECTION

- Have I ever experienced the healing gaze of Jesus? How did that affect me? How can I model Jesus' gaze in the way I look at others?
- Can I recall a gaze that made me feel unlovable or not enough? What effects did that gaze have on me?
- Can I recall a gaze that made me feel deeply known and loved? What effect did that gaze have on me?
- When have I felt deeply listened to? What did the person do to make me feel that way? What effect did that deep listening have on my life?
- Has my gaze had a "demolishing effect" on someone else's life? Can I recall a moment when my gaze healed someone else?