



REGNUM CHRISTI  
CONSECATED WOMEN

# *Unveiling the Transformative Power of the Gaze*

## *Week 5*

### QUESTIONNAIRE FOR PERSONAL REFLECTION

- What is a takeaway from this formation talks?
- Can I recall moments in my life when vulnerability was a source of strength and reconciliation in my life?
- Pope Francis talks about "the revolution of tenderness". Do I know how to look at myself with compassion? Do I know how to look at others with compassion, even when their actions are hurting or offensive?
- Have these formation talks actually transform my way of perceiving myself, the people around me and God? In what ways?