

Susan

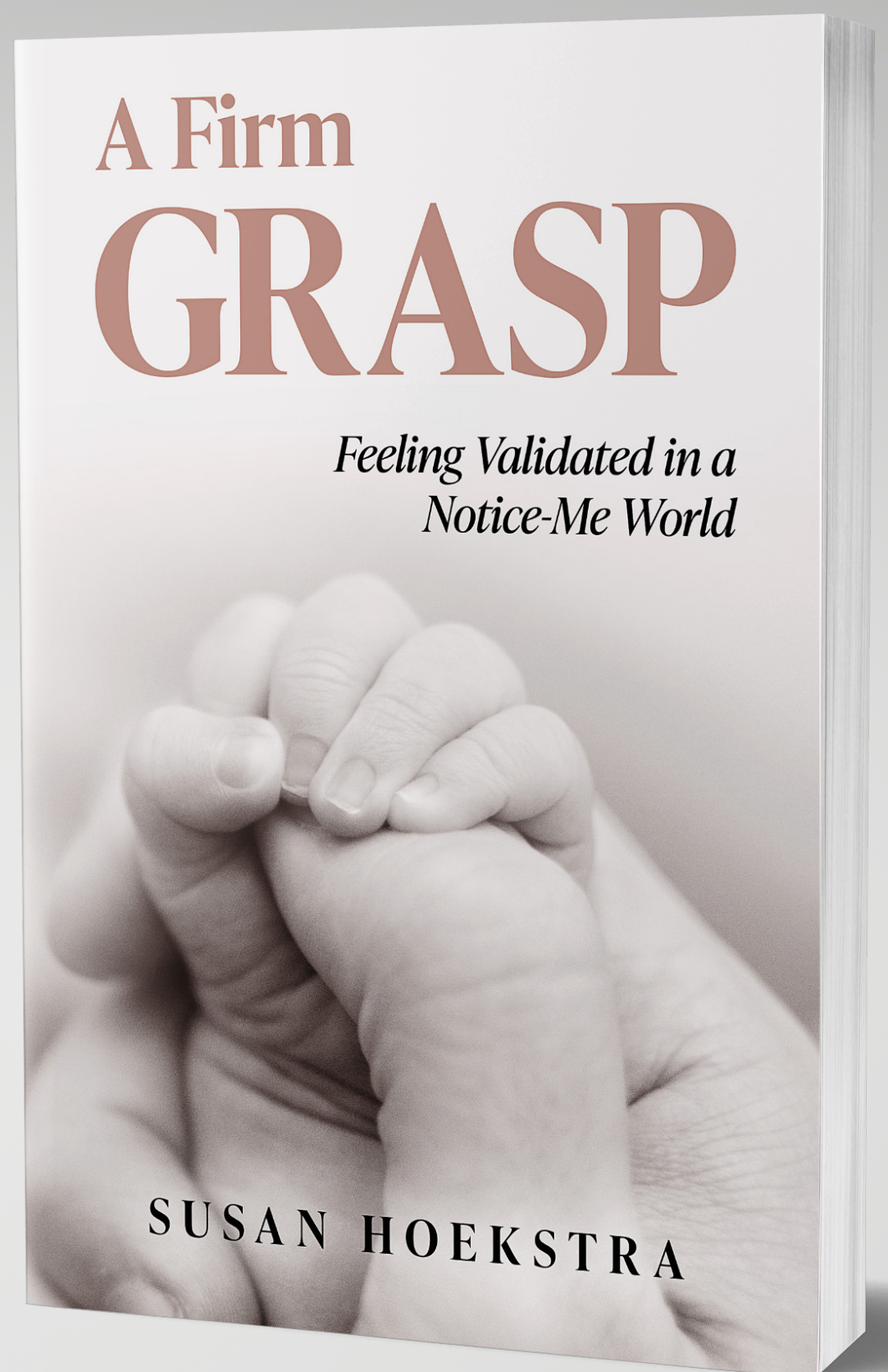
HOEKSTRA



susan@susankhoekstra.com

"Susan takes us on an important and courageous journey helping us navigate our need for affirmation. There are healthy and unhealthy ways to satisfy this appetite we all have. What makes her work meaningful is how she helps place God as our guide to help us navigate the waters of self-awareness. So, if you ever struggle to "love yourself" consider this book to help clarify your path forward."

Ben Snyder, Lead Pastor, Cedar Creek Church



Sample discussion Topics

- The See Me Struggle: The Emotional Effects and Emptiness of Feeling Invisible
 - Validation and affirmation: Is there a difference?
 - The Creatives Cry for Attention
 - The struggle to be heard and 8 "empathetic" listening styles
 - Divine Space and our need for a Fan Club
 - Tactics we may use to get noticed
 - Selfies: Our occupation with self, identity, and self-awareness
 - Unheard and Unseen: The Effects of Abuse
 - Why We Need to Be Noticed
- 🎵 MUSIC BONUS: Two original songs to share with your podcast listeners



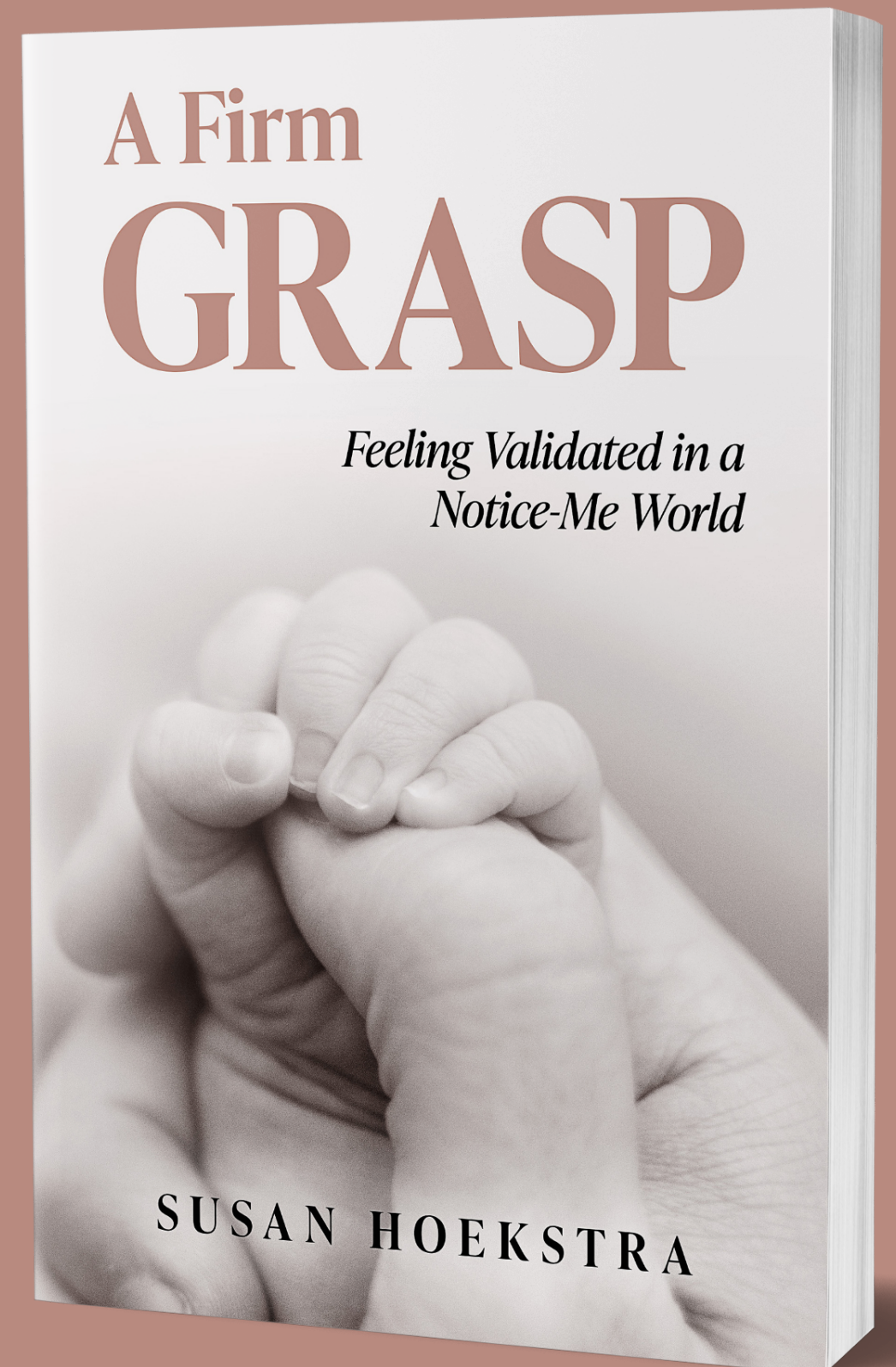
SUSAN HOEKSTRA understood early what it felt like to be unnoticed. Growing up in a low socio-economic, racially tense neighborhood with a disabled father, there was little time for celebrations. Financial insecurity, physical assault, sexual abuse, and betrayal left her asking "what's wrong with me?" Even the highs of applause didn't satisfy. Until Jesus. Embracing mercy as her anchor, she discovered how God provides her validation needs, leading her to become more mission-focused. She is a musician, lay counselor, author, songwriter, speaker, ministry leader, teacher, and host of THE NOTICE podcast.

susankhoekstra.com

Ministering to those who struggle with feeling validated especially the abused, the betrayed, the fatherless. and artists.



Susan
HOEKSTRA



Sample questions

- In what ways have you struggled to be validated?
- How can you tell if you have a validation deficit?
- What is the difference between validation and affirmation?
- What are some ways we try to satisfy our need to be noticed?
- How can internal vows encourage or discourage our need to be noticed?
- Why do creatives struggle with affirmation?
- Why would an abused individual feel invisible?
- Explain the differences between mistakes, limitations, and sins
- How does telling your story benefit you, others, God?
- Why is mercy the best way to satisfy our validation deficit?
- Explain the eight different ways we think we're listening



susankhoekstra.com



Ministering to those who struggle with feeling validated especially the abused, the betrayed, the fatherless. and artists.