

Surviving Divorce

Questions for Discussion for Group Leaders

These questions will help you stimulate discussion when participants seem reluctant to share or if you need to get a discussion back on track. These questions should not take the place of sharing and are only a guide. Feel free to use your own questions, and remember that the group's primary purpose is to be a safe place for hurting people to share their stories. It is a good idea to ask group members what they most need to discuss and—assuming it is relevant and appropriate—to let them share. *Then watch God do his work!*

Session One – Getting Your Bearings

- What did you like or dislike about the video presentation?
- Did you relate especially well to one of the participants in the video?
- Do you think you are still in shock?
- How long did it take you to come out of the shock and denial stage?
- What helped you face reality?

Session Two – Finding Strength and Help

- What did you like or dislike about the video presentation?
- Did you relate especially well to one of the participants in the video?
- What kind of help did you receive immediately after your divorce?
- Have you found a good therapist?
- What was the best and worst advice you received after your divorce?

Session Three – Getting Through Your Anger

- What did you like or dislike about the video presentation?
- Did you relate especially well to one of the participants in the video?
- Are you still angry? Why, or why not?
- When you are angry, do you express your anger, or do you keep it bottled up inside?
- What issues are you still angry about?

Session Four – Dealing with Depression

- What did you like or dislike about the video presentation?
- Did you relate especially well to one of the participants in the video?
- When was the last time you felt “at peace”?
- Is there a place that helps you feel peaceful?
- What emotion is standing in the way of your peace?

Surviving Divorce

Session Five – Learning to Forgive

- What did you like or dislike about the video presentation?
- Did you relate especially well to one of the participants in the video?
- Do you find it easy or difficult to forgive your former spouse? Why?
- Do you agree that forgiveness is not a feeling?
- Could you ask your former spouse for forgiveness?

Session Six – Dealing with Your Family

- What did you like or dislike about the video presentation?
- Did you relate especially well to one of the participants in the video?
- What are your biggest fears for your children?
- Do you make your kids the center of your life?
- What is one good thing your former spouse does as a parent?

Session Seven – Handling Money Wisely

- What did you like or dislike about the video presentation?
- Did you relate especially well to one of the participants in the video?
- What are your biggest fears about money?
- Are you living on a budget?
- When has God taken care of you financially?

Session Eight – Learning to Let Go

- What did you like or dislike about the video presentation?
- Did you relate especially well to one of the participants in the video?
- Do you have a court story you would like to share?
- Have you been able to “let go” in settling property issues?
- Has your ex-spouse been generous with you? Have you been generous with him or her?
- Do you trust God to meet your needs?

Session Nine – Seeing God in Romance

- What did you like or dislike about the video presentation?
- Did you relate especially well to one of the participants in the video?
- Had you ever heard of the “spousal analogy” before?
- Had you ever heard of the Theology of the Body before?
- Did anything about the Theology of the Body intrigue you or make you uncomfortable?

Surviving Divorce

Session Ten – Deciding About Dating

- What did you like or dislike about the video presentation?
- Did you relate especially well to one of the participants in the video?
- Have you considered annulment?
- Have you started dating?
- What holds you back from following Church teachings on dating and marriage?

Session Eleven – Loving All Church Teachings

- What did you like or dislike about the video presentation?
- Did you relate especially well to one of the participants in the video?
- Have you been to confession after a long time? What was the experience like?
- Are there any fears holding you back from going to confession?
- What Church teachings do you struggle with?

Session Twelve – Finding Love that Lasts

- What did you like or dislike about the video presentation?
- Did you relate especially well to one of the participants in the video?
- How do you feel about going to Communion?
- Do you struggle with trusting God? When, and why?
- What has God done for you in this program, and how do you think you have changed since the first meeting?