



DISCUSSION QUESTIONS

EPISODE 17: WHEN LIFE LEAVES YOU SHAKEN

featuring Patrick & Diane Regan

1. Have you ever experienced a time in your marriage when it felt like everything went wrong all at once?
2. Diane spoke about the importance of finding space and a place to recharge. What could that look like for you?
3. Patrick shared about battling the false guilt of “I should, I ought, I must”. If you feel like this, what would help you overcome these feelings?
4. Do you need to ask for help? Who is one person that you can contact?
5. Patrick shared this quote: “Sometimes courage isn’t a roar, it’s a whisper that says ‘Come on, try again’”. Where can you have courage today?

