

Discussion Questions # 7

Starting the Process of Change

1. How much effort, time, energy and money do you spend trying to stay away from physical discomfort?
2. What are some of the ways/things you use to be physically comfortable?
3. How much effort, time, energy and money do you spend trying to stay away from emotional discomfort?
4. Give some emotional discomforts that you like to avoid.
5. What are some of the ways/things you use to be emotionally comfortable?
6. What is the “sweet spot” you are looking for when it comes to discomfort?
7. Is your comfort zone (sweet spot) getting larger or smaller?
8. What is the danger if your sweet spot is getting smaller?
9. When people use drugs, alcohol, act out sexually, etc., what are they trying to accomplish?
10. When someone relapses by acting out, what are attempting to avoid and why?
11. Explain what it means to expand your window of tolerance for discomfort?
12. What emotions are the hardest for you to handle?
13. What experiences have you been through that were hard for you to remain still and “know that I am God?”
14. How can you practice remaining still even in the midst of discomfort today?
15. How can you slightly expand your window of tolerance?
16. Since dealing with discomfort is not about depriving yourself of what you need or punishing yourself for past behavior, what is it actually about?
17. What are some comforts that you can give up today?
18. What are some moments when you can sit in the discomfort and begin to practice experiencing peace in your ability to sit still?
19. Where have you found true comfort in the past?
20. How does a recovery group help you in learning about and dealing with discomfort?