

LESSON 4 THINK-SHEET

1. Do you ever feel alone? If so, what seems to trigger these feelings?

2. Are there people, events in your life, or mistakes you've made that have sabotaged your dreams and made you feel alone and resentful? If so, please list them.

3. What can you do that will help you feel more like you're A PART OF rather than APART FROM?

4. What actions could you take to encourage others who feel lonely?
