

Talking Points Guide

Episode 36: Love is Not Blind. Love Has Excellent Vision

1. Describe the two or three most important things you learned about yourself from a painful relationship.
2. Describe what it felt like and the emotions you experienced when you went along with what someone wanted you to do, be, say, think, while you knew in your heart betraying yourself was wrong.
3. Describe how it feels to be lied to, abused, used, disrespected.
4. Describe a time when you said no to abuse, being used or manipulated. How did it feel? What was the response you received? Did you waver after setting a boundary? If so why?