

## JOURNEY DISCUSSION GUIDE

Now that you've returned from your journey, there are probably many thoughts and memories running through your mind.

In your small groups, please take turns sharing in one or more of these areas. You will have 15-20 minutes for this activity. Please take care to share the time with other group members.

### ***You and Your Family of Origin***

1. Any memories about you as a child.
2. Your family composition and any memories about family interaction.
3. What was your parents' relationship like?

### ***Key Influences***

1. Important men and women in your life.
2. Your relationship with your biological parents and/or other parental figures.

### ***Impact on You and Your Work***

1. How have your experiences with the key men and women in your life impacted your attitudes toward the opposite sex and toward personal relationships, marriage, and long-term relationship commitment?
2. If you are a parent, how have these experiences impacted the way you parent?
3. How have your experiences impacted the work you do and the way you interact with your clients?