

SESSION 8: PARENT TO WIN THROUGH LOVE

SUGGESTED DISCUSSION QUESTIONS

- What are some things your kids are interested in that you are not interested in?
- What are some ways you can get to know your child better?
- What are some ways you can empower your kids to determine what is right or healthy?
- What did Lisa describe as the killer of dreams, killer of souls?
- Lisa shared that she trained herself to not dream anymore. What did she mean by that?
- What did Georgia say puts the brakes on relationships and healing?
- What did Lisa say has kept her going on her journey?
- What is the importance of not keeping things a secret?

TAKE AWAYS

Every day is a do over! There is no easy button and life is messy. Hold on to the powerful truth that healing comes from healthy, supportive relationships. The keys to staying healthy are:

- Love yourself and your child without conditions
- Speak truth to the lies that keep you and your child stuck in shame
- Keep things out in the open
- Find support through a small group, counselor, or animal therapy
- Own it. Apologize. Forgive.

You are priceless! Your worth is immeasurable. You and your family are worth fighting for. Never give up!