

Questions for Connection

ten questions you can ask to learn more about yourself or someone you wish to be closer with.

**What's something
you need to let go of?**

"Letting go ... [is] realizing that the only person you really have control over is yourself."

Deborah Reber, author

**What's something
you need to ask for?**

"Asking for help isn't a sign of weakness, it's a sign of strength."

Barack Obama, US President

**What's something you'd change
about how you were raised?**

"Something inexorable seeds itself in the place of your origin."

Christina Baker Kline, author

**What's one thing you'd
choose to tell your younger self?**

"If I could go back to my younger self, I'd be like, "Not everything's permanent.""

Mila Kunis, actress

**What's something you could
do to benefit your future self?**

"Your future depends on what you do today."

Gandhi, civil rights leader

**When was the last time you were
really angry, and it surprised you?**

"What does your anger lead to? Does your anger increase the peace around you? Does your anger make the world a better place?"

Rob Bell, author

**When was the last
time you felt content?**

"The world is full of people looking for spectacular happiness while they snub contentment."

Doug Larson, editor & columnist

**When was the last time
You felt embarrassed?**

"I've been embarrassing myself since...
about birth."

Phil Lester, YouTuber

**What are you the most
proud of yourself about?**

"When you take ownership of your
accomplishments, you can be proud without
arrogance."

Simon Sinek, author & speaker

**What's the kindest thing that
was ever done for you?**

"It takes courage to be kind."

Maya Angelou, memoirist & poet

To learn more about building connections with yourself and others, visit **CourageousStepsCounseling.com** and look into scheduling a Couples Intensive, a Story Group, or an Individual Intensive.