



WHEN YOUR WAY ISN'T WORKING

Main Points:

◇ **Diagnosing Disconnection**

Ask yourself these questions?

- ◆ Would the people you're closest to say that when they talk to you, you listen well?
- ◆ Is it difficult to fall asleep at night? Do you wake up feeling lethargic?
- ◆ How do you spend the first fifteen minutes of your morning?
- ◆ What's the last thing you do before going to bed at night?
- ◆ What's the last passage of Scripture you read and meditated on?
- ◆ On average, how much time do you spend a week doing some kind of hobby?
- ◆ Are you constantly dropping the ball on basic responsibilities like paying bills or replying to emails?
- ◆ Are you having a difficult time keeping commitments?
- ◆ How many unread or unanswered texts do you have right now?
- ◆ If you're a parent, can you tell me the names of your child's teachers?
- ◆ Have you been more irritable and easily annoyed with people?



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- ◆ Do you spend more time on social media or more time in prayer?
- ◆ When was the last time you asked someone for help?
- ◆ Have you experienced some weight gain?
- ◆ How many times in the past seven days have you exercised?
- ◆ Have you experienced an increase in backaches, headaches, or digestive issues?
- ◆ How often do you say you're too busy when asked to do something you want to do?
- ◆ How often do you volunteer or find ways to serve every month?
- ◆ When was the last time you read a book?
- ◆ Do you get irrationally upset when the drive-thru line is taking too long?
- ◆ Have you become more apathetic to things you once cared deeply about?
- ◆ Do you increasingly find yourself wanting to be left alone?
- ◆ Do you feel your contributions and efforts are often unnoticed or unappreciated?
- ◆ Where do you go or what do you do to escape the stress and pressure you feel?
- ◆ On a scale of 1 to 10, how defensive and annoyed have these questions made you?

◇ **Disconnection Dashboard**

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