## **MESSAGE QUESTIONS**

- 1. Have you ever been on the receiving end of either of these two 'ingredients for healthy relationships'? What was that like?
- 2. Which of the two 'ingredients for healthy relationships' are you good at? Need to work on more?
- 3. What are the risks and challenges to going on a 'fantastic voyage' as described in the message?
- 4. Have you ever had a moment when you saw someone's 'broken arm' but had assumed their reaction was for another reason?

  What was that like?

