

# MESSAGE QUESTIONS

What is your favourite part of Esther's story?

Are you emotionally intelligent?  
Why did you answer that way?

To increase your emotional intelligence, try using these phrases this week:

"I'm feeling \_\_\_\_\_ but I wonder why?"

"I sense you're feeling \_\_\_\_\_ but is that accurate?"

"I think my past casues me to \_\_\_\_\_!"

"I think I've believed a lie, and need to replace it with this truth: \_\_\_\_\_!"