



Discussion Questions: “I See You”

By Gina Aponte – January 19, 2023

1. In your family of origin, what are some of the things you saw growing up that you’d want to take forward with you or leave behind when interacting with your own family?
2. In the face of a frustrating moment/day, what are some of your coping techniques? (No judgment here! Feel free to share awkward moments.)
3. Is having a mentor during this season of life a comfortable or uncomfortable feeling for you? Feel free to elaborate. Others may feel the same way!