

IF:TABLE

- DOWNLOAD, PRINT, AND LAY OUT THE CARDS ON THE TABLE WITH THE QUESTIONS FACING UP.
- INVITE 4 WOMEN TO GRAB THEIR FAVORITE QUESTION.
- TAKE TURNS HAVING EACH WOMAN ASK THE QUESTION ON HER CARD. ALLOW TIME FOR EVERYONE AROUND THE TABLE TO SHARE OR RESPOND TO THE QUESTION.

Q.1

Have you been in a situation where you could have used help, but you didn't want to be a burden? How did you manage to get through the situation? How did that make you feel?

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Q.2

What specifically holds you back from asking for help?

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Q.3

When you feel isolated, what do you find hope in?

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Q.4

What comes to mind when we say that asking for help actually gives others a chance to love?

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