
Instructions



1. Download, print, and lay out the cards on the table with the questions facing up.
2. Invite 4 women to grab their favorite question.
3. 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.

Questions



Talk about a time when you felt lonely.
What was the cause of your loneliness?

What keeps us from really connecting with people?



Define what a healthy connected relationship looks like for you.

How can we move into other people's loneliness?

