

Family: closeness and distance

Why the people closest to us are often the hardest to hear.

4 lessons. After each one, answer its question here in a few honest lines. Then try it in one real conversation that week, and come back to note what happened.

LESSON 1 OF 4

Love, Marriage and Waiting

What does your family never talk about? Who decided that?

This week I tried it with:

LESSON 2 OF 4

Adopted and Welcomed: Valerie's Story

Think of an argument that keeps coming back. What is the other person trying to protect?

This week I tried it with:

LESSON 3 OF 4

Why So Many of Us Feel Lonely

Who in your week might be lonelier than they look?

What would one small check-in be?

This week I tried it with:

LESSON 4 OF 4

Finding Yourself Far from Home

What does your family never talk about? Who decided that?

This week I tried it with:
