

Institute for Peace and Joy  
17305 Cedar Ave. S.  
Suite 240 Lakeville, MN 55044  
[www.counselingandhealing.com](http://www.counselingandhealing.com)  
[inpeaceandjoy@msn.com](mailto:inpeaceandjoy@msn.com)  
952-435-4144

## **HEALING CONVERSATIONS QUESTIONS**

(These questions are offered as a way to get your own conversations started).

How can we remember to be in the moment we are living in?

If you believe that telling the truth would hurt someone, what would make you do it anyway?

What happens when you receive the truth? What happens when you do receive the truth?

How do we our gifts and accept them?

How do we see our fears and acknowledge them?

If we honored the sacred in us, what would that mean in our relationships and work?

How do you/we pay attention to who we really are?

How do we practice the skills of being with each other? Telling the truth, trusting ourselves?

What must we do to go to a higher level in relationship – one which goes above our fears and negative beliefs?

How do you see yourself in relationship at times as victim/perpetrator/rescuer? How do those roles keep us stuck? What must we do to step out of a role and be more of ourselves?

What do we need to be sustained in life?

How do we learn to move from resisting what is to being with what is?

How can we come to know that staying in a relationship will be worth the discomfort to get to the joy?

What makes it possible to with our own pain and fear while staying with someone else in theirs?

How does the truth set us free?

Why do we stay in relationship? What do we surrender? What do we gain?

Institute for Peace and Joy  
17305 Cedar Ave. S.  
Suite 240 Lakeville, MN 55044  
[www.counselingandhealing.com](http://www.counselingandhealing.com)  
[inpeaceandjoy@msn.com](mailto:inpeaceandjoy@msn.com)  
952-435-4144

## **Healing Conversations Guidelines**

- 1. Before the conversation begins, take a few minutes to be quiet and focus your attention to the present time.**
- 2. Listen and speak without judgment**
- 3. Open your heart and mind to hear what others have to say.**
- 4. Recognize that is not your responsibility to fix, make right or change the ideas or beliefs of anyone else.**
- 5. Provide opportunity for everyone to speak if they would like to.**
- 6. Allow time for silence for people to think.**
- 7. Be present with what others are saying as you would want them to be for you.**
- 8. Be in touch with your own feelings about what is being said.**
- 9. Refrain from any labeling, judging or assumptions about the ideas and beliefs of others.**
- 10. Have fun.**