



# Conversation Questions

1. Why do you think it can be difficult to let people see the real us?
2. "We can't be lifted in places that we refuse to reveal." What does that statement mean to you personally?
3. Which part of vulnerability is most challenging for you: admitting you've fallen, asking for help, or trusting someone with your story? Why?
4. Who is someone in your life that you trust enough to be honest with? How could you take a step toward deeper and more authentic friendship this week?
5. How can you become the kind of "risky friend" who helps someone else get back up, stay warm, or fight their battles?