

Emotionally Healthy Spirituality
Chapter 7: Questions Taken from the Workbook

1. What stood out to you most from this chapter's teaching on growing into an emotionally mature adult?

2. On pages 168-169, Scazzero distinguishes between the different phases of spiritual formation – this is very similar to the four phases of our discipleship program. In which of these phases do you think you are in your spiritual formation – Emotional infant, emotional child, emotional adolescent, or emotional adult? Explain.

3. On pages 170-171, Scazzero discusses “The Spiritual Discipline of Practicing the Presence of People.” Why do you think we can be committed and “growing” in Christ and yet not be growing in our ability to be “prayerfully present” or loving towards others?

4. Scazzero explains the “I-Thou” relationship as one that “reflects the I-Thou relationship humans have with God. Genuine relationship with any Thou shows traces of the ‘eternal Thou.’” (pages 174-175).
 - i. Can you think of an example of being treated as a “Thou” instead of an “It”? How did it make you feel?

 - ii. What gets in the way of seeing the people in your life as “Thou” instead of “It”?

5. Think of a recent, simple expectation that went unmet and made you angry or disappointed (Ex. I expected my friend to say yest to going to dinner with me, I expected my boss to give me a raise, or I expected my spouse to accompany me to a party). Write it down.
 - i. Now compare that unmet expectation with the inventory questions (page 184):
 1. **Conscious:** Were you conscious (aware) you had this expectation?

2. **Realistic:** Is the expectation realistic regarding the other person?

3. **Spoken:** Have you clearly spoken the expectation to them or do you just think “they should know”?

4. **Agreed upon:** Has the other person agreed to the expectation?

Remember, expectations are only valid when they have been mutually agreed upon. These are the expectations we have a right to expect.

6. What steps can you take to make your expectations conscious, spoken, realistic, and agreed upon in order to relate to others in an “I-Thou” way?