

STUDY GUIDE: Becoming a Joy-Filled Woman

By Barbara Moon

For use in small groups or individually.

CHAPTER ONE: Foundation

1. Briefly share your salvation testimony with the group. What was your life like before you met Jesus; how did you meet Him; how has your life changed?
2. What is your understanding of the author's statement that "Sinning does not make us a sinner?" Why is it necessary to separate identity and behavior? How might your life change if you live by separating these?
3. What is the new definition of joy? How will this new definition help you see your circumstances?
4. How can we know our Relational Circuits are off? What will we be feeling in our bodies? How can we get them back on?
5. What might be some results from synchronizing with others? How might it feel? What about when not synchronizing?
6. How does appreciation affect our brains?
7. What are some relational functions we lose when Relational Circuits are off?
8. Why is attachment important?
9. How does relational joy affect our true identity?
10. How can understanding the four types of bonds help you understand yourself and others?
11. Which of the applications were you able to do this week? How did it help you?

CHAPTER TWO: Emotional Maturity

1. What are some differences between spiritual maturity and emotional maturity? What is your part as a human? What happens when we have gaps?
2. What place does joy take in the Infant Stage? Do you have a problem with "receiving?" Do you have a short story about not being able to receive, or about saying "thank you" when it was difficult?

3. Do you lean towards being a “giver only” or a “receiver only?” What steps do you need to take in order to learn what satisfies?
4. Do you have a healthy group identity based on what God says about who we are? Can you do mutual satisfaction? Do you protect others from yourself by disengaging when you might blow up or say something you will regret? Share a brief story of when you did or did not protect another.
5. Are you able to parent healthily without expecting anything in return?
6. If you are chronologically old enough, and your youngest child is at least 13, can you see your way to finishing gaps from the other stages so that you might earn Elder maturity?
7. What did you do this week from the application?

CHAPTER THREE: Healthy Shame

1. Why does it make a difference if we know the two kinds of shame?
2. What are some ingredients for giving and/or receiving healthy shame? How are you doing giving and/or receiving healthy shame. What do you need to work on in order to improve?
3. Which kind of “narcissistic behavior” do you lean towards—Peacock or skunk? Are you willing to notice when you respond “narcissistically” to a narcissist? How can you improve your responses?
4. What did you do this week from the application?

CHAPTER FOUR: “Godsight”

1. What is “godsight?” How does it help us relate better? What kind of “mirrors” do you have around you now?
2. How can joy help our identity?
3. What did you do this week from the application?

CHAPTER FIVE: Moms of Teens

1. If you have teens in your life, what are some steps you can take to relate better to them?
2. What is individuation? How can we help this process go more smoothly?
3. How does parenting teens change from when children are younger?
4. Which of the teen stories helped you? How did it help? What steps can you take to implement what helped you?

5. What did you do this week from the application?

CHAPTER SIX: Mothers

1. Do you have some “mother issues” that need healing? How will you make that happen?
2. What regrets do you need to take to Jesus about mistakes you made with your children? Do you need to forgive yourself? God?
3. What did you learn from the section on raising hopeful daughters? What steps can you take to remedy past mistakes and encourage yourself and others for the future?
4. What are some practical steps from the author that might help you relate better to your daughters and sons? With grown children?
5. What application did you do this week?

CHAPTER SEVEN: Fathers

1. Do you have some “father issues” that need to be addressed? Who can help you with this?
2. Do you recognize whether your view of God has been distorted by father issues? By other pain?
3. What are some necessary ingredients for healing from these distortions and our pain? What are some signs of progress?
4. When do we forgive? Why do we forgive?
5. What did you do this week from the application?

CHAPTER EIGHT: Suffering

1. Why does it not help to tell someone the truth when they are hurting?
2. What does it mean to “suffer well?” What does it mean to “act like myself?” To “stay relational?”
3. What are some reasons we avoid pain? Some results of avoiding pain?
4. What is validation? Comfort? How do these feel in your body? How and why do they make a difference when someone is sharing our pain?
5. What is enemy mode and how can we get out of it and back to relational mode? How does each feel in your body?
6. What is Attachment Pain? How does it affect the Big Six Emotions?

7. What are some differences between Right Brain and Left-Brain pain? How can we recognize which it is?
8. How is it different to get out of Right Brain pain and Left-Brain pain? To which side does anxiety belong?
9. Share what your main lie is in the Left Brain.
10. When does it help to tell someone “The Truth?”
11. Which application did you do this week?

CHAPTER NINE: Immanuel Lifestyle

1. What does it mean to live an Immanuel Lifestyle? How do the other chapters we have looked at add to this lifestyle?
2. What are some factors that help us “suffer well?”
3. What are the questions that help us turn to Jesus and hear Him?
4. What is a trigger? A trauma?
5. What are the main ingredients of the Immanuel Process?
6. Who are some Bible characters that were changed by their encounter with Jesus?
7. What application did you do this week?

CHAPTER TEN: Codependency

1. What are the definitions of codependency? Put them into your own words.
2. Give some examples of fears involved in codependency.
3. How do Dr. Wilder’s quotes help you? How do you identify with loving too much or acting to get an outcome?
4. What are some ingredients needed to break free from codependency? How is fear involved?
5. Are there any places where you need to give and stand on a boundary? What fears are involved?
6. Do you struggle with condemnation? Self? At others? What will help you stop?
7. How is control a factor? Where does saying, “no,” come in? What do we need if we want to say no to codependency?

8. Have you been afraid of consequences of breaking free of codependency?
9. Is “loving and helping too much” part of your relating with others? What steps do you need to take to break free from this misconception?
10. As you look at the quote from Dr. Wilder about the difference in hesed love and codependency, do you have examples from your life where you tried to help too much?
11. Is there a relationship in your life where you need to set up a difficult and strong boundary? Do you have support to go through this? How might you know when it is safe to reconnect?
12. How can we know who is “an enemy” that we need to love? What helps us love our enemies? Do you lean towards being a grudge holder? How can God help you?
13. What did you do from the application this week?

CHAPTER ELEVEN: Rupture and Repair

1. What is the number one skill to remember about repairing ruptures?
2. Why is it important to retrain the “fast track” of our brains?
3. Why is it important to learn to be gentle responders? How does your body feel when someone is not gentle.
4. How can noticing how our bodies feel help us relate better during unpleasant emotions?
5. What is a good way to seek forgiveness when we have hurt someone?
6. How is learning new relational skills like learning a sport?
7. What did you do this week from the application?

CHAPTER TWELVE: Community

1. Why do we often live from a false self/ wear a mask?
2. What makes a small group a safe place to share? How does it feel in your body?
3. How do we create belonging around ourselves versus waiting on others to create it for us?
4. How does knowing the brain science help grow community? How does knowing the brain science help transform us into being more like Jesus?
5. What are necessary ingredients for developing Right Brain relational skills?

6. How does it help community to know the different kinds of shame? How is joy important? What are some characteristics of a healthy group identity that would appeal to you?
7. What have you done this week from the application?

CHAPTER THIRTEEN: Wives

1. Do you know the characteristics of your heart? Do you know someone who can help you find them? Do you know some characteristics of your loved one's hearts?
2. As a wife are you focusing more on trying to be seen, heard, and understood, versus trying to do that with your spouse?
3. How might you be allowing negative thoughts to color how you see your husband? Do these thoughts come out of your mouth often? What does Jesus want you to do with your list?
4. Will you consider learning to ask curiosity questions during a touchy situation? How can you practice this skill? With whom?
5. Make a card for your mirror or refrigerator that says, "Relationships are more important than the problem."
6. What is the section on *hupatasso* saying to you? If you are experiencing abuse, what do you need to do? Who can help?
7. If you have been hurt by "church," who can help you heal?
8. How can the section on divorce and "hated women" help you find peace? Who can help? Is there someone you can help?
9. What did you do from the application this week?

CHAPTER FOURTEEN: Sisters, Aunts, Friends

1. Are you in any relationships where you are not "free to come and go?"
2. Is there jealousy because you or another does not know, "there is enough love to go around." What are some steps you can take to grow in these?
3. How deeply do you know and experience Jesus' love for you? What might be blocking that experience? Who can help you grow a secure bond with Him?
4. What did you do from the application this week?

CHAPTER FIFTEEN: Singleness

1. If you are single, have you settled that you are valuable, worthy, and important as a single woman?
2. Are you trusting Jesus to bring the right person? For Jesus to be enough if there is no spouse?
3. Do you know what you want and don't want in a mate?

CHAPTER SIXTEEN: History

1. What does it mean to “embrace my history?” What are the ingredients?
2. What must we do with regrets?
3. How might your story benefit others?

CHAPTER SEVENTEEN: Balancing

1. If you are in the season of busyness with children, work, family, church, etc., what are you doing to prevent as much chaos as possible?
2. Have you recognized the gaps you have in your emotional maturity? How are working on growing these needed skills?
3. Are you keeping a balance with all activities that pull on your time and attention? Are you able to say, “No?” With whom could you practice saying no?
4. Are you looking at your phone too much? Do you put it down when someone wants to connect?
5. Do you find yourself leaning towards perfectionism and/or martyrdom? Do you need to break free from codependency?
6. What did you do from the application this week?

CHAPTER EIGHTEEN: Elder and Retirement

1. If you are retired or facing retirement, do you have something fulfilling to do? Do you work out? Do you attend groups? Are you available to help others?
2. Are you working on growing, relating well, suffering well? Are you noticing how your body feels emotionally so you can check relational circuits?
3. Are you growing closer to Jesus and sharing His love with others? Is your heart full of gratitude and worship?

4. If you are a caregiver of elderly parents, are you taking care of yourself? Are you letting others help?
5. What did you do this week from the application?