

7 QUESTIONS:

Beyond the Love Impostors

1) What happens when death reminds me that tomorrow is not promised?

2) Who have I shared my love with and why? Was it love or was it a love impostor: Toxic bond, obligation, dependency, fear of being alone, etc.?

3) What unresolved resentments choke out any goodwill in my relationships faster than Deebo in the movie "Friday" (R.I.P. Thomas Duane "Tiny" Lister)? Name them.

4) What self-crafted lies am I committed to upholding in order to save face in front of people who seem more invested in my unhappiness than my wellbeing?

5) What impact, if any, does historical trauma play in me sustaining oppressive structures and ways of engaging in my relationships?

6) If I were able to love fully (and we are all capable of doing so), how would that love be demonstrated to myself and others around me?

7) Who do I need to let go of in my mind and heart in order to make room for a healthy relationship with myself and others?