



## INTRODUCTION TO SECTION THREE

Dr. Hogan points out that today's cultural hurricane has caused serious problems to our emotional and social connections. He reminds us that we need to reclaim emotionally intelligent love.

1. How emotionally intelligent do you think you are? What would your spouse, friends, or family members say?

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2. What barriers do you have in being emotionally open to others?

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3. How receptive are you to the emotions of others? Do you empathize easily with others? Do you often affirm the emotions of others, especially your loved ones?

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## CHAPTER 7

1. Dr. Hogan reminds us that before we can have emotionally healthy connections with others, we need to increase our emotional self-awareness. Prayerfully review the journal exercise on pages 140-142. Which of the four steps in this exercise might you find most challenging? Most rewarding?

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2. Dr. Hogan points out the unhealthy consequences when we are preoccupied with negative emotions. Review the journal exercise on page 144. What do you anticipate being your greatest challenge in reframing your perspective?

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3. Dr. Hogan explains that discovering ourselves involves discovering God. Set aside time to complete an Examen using the journal exercise on pages 149-150. How did the Examen help you increase your self-awareness and intimately connect with God?

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## CHAPTER 8

1. Dr. Hogan explains that a family can take on different forms because at its heart are those “interpersonal interactions of intimacy that encourage and support us to know ourselves, others, and God in love” (see page 155). Who from your childhood provided you the most emotional intimacy? In what ways do you provide emotional intimacy for members of your family today?

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2. Complete the journal exercise on pages 166-167. Note that this exercise is written for a married couple but can be easily modified for two friends or two siblings. What was this exercise like for you and your spouse, friend, or sibling? How did this exercise help deepen the emotional intimacy between you two?

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3. Review the eight sample rules suggested in the journal exercise on pages 173-174. Try a few of these rules the next time you are in a discussion with your spouse, children, in-laws, or friends. Which ones seemed to be the most effective, and which ones were the most challenging? How might you integrate these rules more into your conversations?

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## CHAPTER 9

1. Share a positive experience of being in a Christian community. It could be a church activity, on a retreat, in a Bible study, or something similar. How did that experience nourish your faith life or reconnect you with diversity?

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2. Dr. Hogan emphasizes that “learning how to work through difficult relationships (including with the Church) is both transforming and rewarding” (see page 179). What difficult relationship was both transforming and rewarding for you? What was that experience of God’s grace like?

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3. How is God inviting you to partner with others to bless the world?

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4. What keeps you coming back to Mass? What does the Eucharist mean to you personally? What do you long for in a church community?

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