

Unraveled

Exposing the Hidden Causes
of Damaging Behaviors

roots

Facilitator's Guide

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Foreword by Kathy Koch, PhD President, Celebrate Kids, Inc.

Facilitators,

You are about to embark on an amazing journey. Walking with women toward healing and freedom from lifelong, damaging and dysfunctional cycles and behaviors is incredibly important and rewarding work. *It also carries pitfalls and challenges.* Through this Guide, our hope is to give you resources and tools that will help equip you and provide support and confidence as you lead women through *Unraveled Roots*.

The most important thing for you to remember is that you are not responsible for “fixing” anyone. Only God can transform hearts and minds. *Unraveled Roots* is designed to open women’s eyes to how past wounds may be impacting their present choices and behaviors. We want them to see that no matter how tangled their roots, freedom and healing is possible. **However, it is up to each one of us to take the steps necessary to heal and break damaging cycles.** No one can achieve freedom for us. As a leader, your role is to simply provide love, support, appropriate guidance, and accountability for the women on that path.

If you are leading this group, you may believe that you’ve mostly healed from past wounds and dysfunctional thinking. You most likely *have* experienced a great degree of healing. But as we discuss in the book, healing is a process. It comes in layers. As you read the book and others discuss their hurts and experiences, wounds can rise to the surface unexpectedly — ones you didn’t even realize were there. We are only able to be a vessel of healing for others to the extent that we have experienced healing ourselves. **For that reason, we highly recommend you read and process through this book *before* you lead it, perhaps with other leaders, staff, or volunteers within your organization.**

Throughout this Guide, we provide a variety of suggested questions, Scriptures, and formats. Each woman and group of women is unique. **Use the suggestions you feel best fit the needs of your group.** *Remember:* You don’t have to have all the answers. Women crave leaders who are compassionate, loving, and transparent. Sharing your mistakes, experiences, and past wounds often gives participants the courage to explore and reveal their own. As you share openly, they will see in you a fellow traveler. Your changed life will also enable them to see the benefits and rewards that come through the struggle and pain of healing.

Thank you so much for investing in the lives of women. Let the journey begin.

Karin, Melinda and Lisa

Facilitator's Kit includes:

- **Short online videos to accompany each week's lesson.** As part of this online Facilitator's package, you have access to weekly, 15-to-20-minute videos. These weekly videos provide encouragement for the women, further explanation of the concepts explored in each chapter, real-life stories of struggle and overcoming "roots," and an explanation of how to follow the Facts-Lie-Truth format in Chapters Two through Five.
- **Facilitator's Guide.** This guide includes valuable tips, suggestions and resources for leading your group with confidence. For more recommendations and information about the "Unravel the Roots: Truth Story" sections, please refer to the "How to Use this Book" section on page 9 of the *Unraveled Roots* book.
- **"Keep Growing" Encouragement Cards.** Internalizing healthier mindsets takes time and repetition. We've provided a set of cards (via PDF) that remind women of the truths presented in the book. Consider printing these on card stock and giving them to each woman at the beginning of the study. If you are leading a virtual group, you can email them to each member. Encourage participants to put them in places they will see them often.
- **Additional Resources.** The Addendum on page 25 includes PDF samples of a variety of resources which we refer to throughout this Guide.



Preparing to facilitate

Step One: Invite women to join your group at least two to three weeks prior to the start date.

Step Two: Perform Client Intake, provide participants with group Ground Rules and obtain Consent for Services form (examples of each are provided in the Addendum on page 25).

Step Three: Either order the books for the women or direct them to one of these links to purchase the book online:

<http://bit.ly/unraveledroots>

<https://supportafterabortion.com/unraveled-roots-support-after-abortion>

Step Four: Begin praying daily for the women in your group.

Step Five: A week prior to the meeting, email participants and remind them of the start date and location. You'll need to decide whether to conduct the group online via an online meeting service such as Zoom or Google Hangouts or at a physical location. Send link to the video conferencing platform that you select. If you decide to use the "Assigned Reading" group format, instruct participants in this email to read "Warning Label," "How to Use this Book," and Chapter One (p.5-16) so you can discuss at the first meeting. (You can also choose to do an optional Introductory Session. For more information about this, see page 10 of this Guide.)

Step Six: Determine which Session Format you will use for your group (see Session Format Options on page 4). The duration of the group is six weeks, unless you select the Optional Introductory Session, which will add an additional week. Attending all sessions is important, however, we realize emergencies do happen. We recommend no more than one absence, as each week builds on itself. If two or more absences occur, we recommend the participant restart the group at a later time.

Step Seven: Make sure the meeting room is equipped and ready to show the weekly videos (monitor, DVD player, applicable cords, etc.).



Session Format Options

As we indicated in Step Six above, the suggested format options are designed for each group's needs and unique dynamics. As the facilitator, you can best determine which format and flow works best for your group. While some groups will meet as part of a church or faith-based organization, we recognize that many groups will be comprised of women from a variety of faiths and/or those who have little or no faith background. Use the Scripture and prayer suggestions we provide in this Guide as appropriate for your unique group. Each week, the questions and other resources we provide can be adapted as needed. **Before you begin, though, determine the overall format you will use throughout the study. Here are several suggested options:**

- **“Read Together” Format**
 - Best for groups of five or smaller.
 - Facilitator and participants read the Chapter portion (excluding the Truth Story) together, pausing throughout to ask questions (suggested questions are provided for each week in this Guide).
 - Read the week's Truth Story together. Go through and discuss the questions together up to the Root-Lie-Truth chart.
 - Watch the weekly video together.
 - Read together, and work through the Root-Lie-Truth Chart.
 - This material will be a lot to process for participants. Encourage additional reflection and journaling on each chapter throughout the coming weeks.

- **Assigned Reading Format**
 - Best for groups of eight or larger.
 - Participants are assigned homework. They are to read the week's Truth Story, answer the questions and stop at the Root-Lie-Truth chart.
 - The leader asks for feedback about the assigned homework. Questions for each week (provided in this Guide) help to guide discussion and encourage women to process the material.
 - Watch the weekly video together.
 - Discuss the Root-Lie-Truth chart together.
 - This material will be a lot to process for participants. Encourage additional reflection and journaling on each chapter throughout the coming weeks.

- **Hybrid Format:** This option is a blend of the above formats.
 - Best for groups of five to seven participants.
 - Participants are assigned homework. They are to read the Chapter prior to the session (excluding the Truth Story and the Root-Lie-Truth section).
 - The leader asks for feedback about the assigned homework. Questions for each week (provided in this Guide) help to guide discussion and encourage women to process the material.
 - Facilitator and participants read out loud the week's Truth Story and answer the questions.

 - Watch the weekly video together.
 - Discuss the Root-Lie-Truth chart together.

- This material will be a lot to process for participants. Encourage additional reflection and journaling on each chapter throughout the coming weeks.



Facilitator Tips

Through our experiences facilitating and leading groups, we have found these methods to be helpful in creating a safe, loving environment and healthy group dynamics:

- **Be a good listener.** A good guideline is the 80/20 rule: Listen 80% of the time and talk 20% of the time. Many times, as women talk and process, they arrive at their own conclusions and solutions. It is so much more powerful when they make these realizations themselves! Also, having a safe place to process emotions and be “heard” is often a significant part of the healing process.
- **Be transparent.** When appropriate and relevant, share your own experiences, mistakes and wounds. You set the tone as the leader. If you are willing to be vulnerable and open, it creates a safe place for others to do the same.
- **Be gently challenging.** Although it is not our job to “fix” anyone, we can gently and lovingly speak truth and challenge and encourage women to take small, healthy steps toward change and healing. We’re exploring and processing the past so we can heal and learn from it, not so we can stay stuck in it.



Group Ground Rules

Providing group participants with the Group Guidelines before the group starts and then reviewing them together in the first session can help to alleviate problems before they arise and go a long way toward creating a safe, healthy environment for everyone. When they are violated, you can gently remind the participant of the group rules and boundaries.

Read through these Ground Rules together as a group the first week (a copy is provided in the Addendum on page 25).

Ground Rules for Virtual Groups

1. **Confidentiality:** What is said in this group, stays in this group. This includes conversations you may have with each other in a public place that others may overhear. That is a violation of confidentiality. Make sure you are in a room by yourself while in the virtual group to contain confidential information.
2. **Transparency:** We encourage everyone to share from their hearts — to let their walls down, so that we can know others and be known. This takes time and trust. For some, this will come easy. For others, this will be a longer process.
3. **Respect** everyone's boundaries.
4. **Be committed** to the group: By attending each session, by showing up on time, by completing all of the homework, and by participating fully in the group discussion.
5. **Listen:** Hear what is being said. Don't be thinking about what you're going to say next or how you're going to respond. Really listen.
6. **No convincing:** Share your opinions — a difference in opinion is welcome. However, refrain from trying to convince the other group members to change to your way of thinking.
7. **Do not interrupt.**
8. **Do not monopolize** the conversation. Let everyone have their turn.
9. **No advice giving.**
10. **No rescuing:** Do not fill a silence for someone else. To do so interferes with the grieving process.
11. **Trust in the process:** Everyone grieves differently, so do not compare your progress to someone else's.

12. **If you miss a session,** you will need to meet with the facilitator prior to the next session.

13. **If you miss** more than (1) sessions for Unraveled Roots, (2) sessions for Abortion Recovery, Miscarriage Loss, and Sexual Trauma, and (3) sessions for Codependency, **you will need to retake the study group.**



Potential Trouble Spots

Even with boundaries and guidelines, issues can arise that work against a healthy group dynamic. **Below are a few common issues that may arise and some suggestions for handling them:**

- **Conversation Dominators.** In every group, there's often one or two women who tend to monopolize the conversation and/or lead the group off-topic. Often, the best way to handle this problem is to gently interrupt her, affirm, and thank her for something she shared and then invite others to answer the question. If the problem persists, gently explain that you are happy to stay and talk with her more after the session is over. Communicate that you want to be sure everyone is heard, and the time frame is honored. Be prepared to refer her to a counselor or other resource as necessary.
- **Quiet Ones.** On the other side of the equation are those women who barely say a word during discussion time. Sometimes they just need to know their input is valuable. Kindly invite her to give her input about a question that others have answered. Remind her that she is in a safe place and that while sharing our wounds and thoughts is difficult, it is often a part of the healing process.
- **Needs too big for the group.** In some cases, *Unraveled Roots* may unearth wounds and issues that require more attention and training than a leader can provide. These issues can include — but are not limited to — anxiety, domestic abuse, addiction, depression and suicidal thoughts. Be sure to compile a short list of trusted counselors and, when appropriate, encourage women to seek professional counseling.

At the back of *Unraveled Roots*, we also provide a list of national organizations and spiritual resources for a wide range of damaging behaviors and mental health issues. Encourage women to seek these out as appropriate. Be sure to follow up with them, especially if they miss a session. Even after the group is over, reach out periodically and see how they are coping.



Suggested Format

If opting for an Introductory Session, the first week would be spent as a "getting to know you" time. The session would be geared toward establishing a comfort level for honest sharing, reviewing group Ground Rules and would give participants information about the purpose of the group and what they can expect. **Each week following would be conducted as follows:**

Chapter One: *Why Am I Here?***Before the Session, the facilitator should prepare as follows:**

1. Read Chapter One: *Why am I Here?* Answer all the questions. Determine which Scriptures and questions would be best for your group.
2. Send a reminder text/email/phone call to each participant on what the homework is, when we meet, time, and where.
3. If meeting in person, arrive 30 minutes before the group starts, to prepare the room, set up the videos, and arrange the chairs. If meeting virtually, make sure you have the link to the week's video to share in the "Chat" section on your online platform, or email the participants the link to the video prior to the group date.
4. Obtain any items necessary for additional activities (ex. Group Guidelines, etc.) You may also want to print out the Keep Growing Encouragement cards and bring them with you to the first session. These are included as a PDF in the Addendum on page 25.
5. If meeting virtually, either create a calendar invite for all sessions with the video conferencing link included or email participants the link before each session.
6. (Optional) Set up a private Facebook group for participants to interact and support one another throughout each week. You can put an "Action Step" in the Facebook group each week, encouraging the women to put into practice what they are learning in each session.
7. Pray for each participant that they would be open to go wherever God needs to take them to grow them in emotional and spiritual health.
8. If any participants do not know Jesus, pray specifically for their salvation.

During the Session — Chapter One:

1. Welcome group members as they arrive.
2. Have participants introduce themselves, do some form of "ice breaker", i.e, where do you live and what do you want to work on during this group time?
3. Share the purpose of the group. Discuss the "How to Use this Book" section. Briefly explain that *Unraveled Roots* is designed to help identify past wounds and unhealthy belief systems that are at the root of unhealthy and damaging choices and behaviors. It is a safe place to share struggles and wounds and receive support and accountability.
4. Group Ground Rules. Read guidelines together as a group.
5. Open in Prayer. This would be appropriate for a church group setting. A variety of faiths may be represented in other settings. As the Facilitator, determine what is most appropriate for your unique group, setting, and dynamic.

6. Discuss "Warning Label." (Week One only) This is an important starting point for the group. Depending on your format, either read it together or have them read it before the session. Discuss how healing is often painful. Discussing past wounds and walking out new patterns of behavior is difficult. At times, they will likely want to pull back and/or quit the group. Encourage them that they are not alone. That's why we are here. It's worth the struggle. They are worth the struggle. There is a deeper level of health and healing on the other side of the pain.
7. Explain and Explore Goals for the Session with Participants:
 - Explain the concept of patterns of behavior.
 - Explain the "change" process: Change takes time and often involves pain and breaking out of our comfort zones.
 - Share personal experiences relevant to childhood dreams, by exploring dreams participants had as children and why they may have faded or died. Explore the idea of developing new dreams through this (and remaining sessions) when appropriate. Our dreams as children can often hold keys to our passions, gifts, and purpose.
 - Read and/or discuss the week's Chapter (following the Group Format you decided on — Read Together, Assigned Reading or Hybrid).
 - Watch the weekly video.
 - Pay attention to participants' reactions as you read and/or discuss.
 - Determine pause points for discussion. Ask open-ended questions about what was read. Draw upon class goals for the participants in developing those questions.

Possible questions to ask the group and related page numbers:

- Recall childhood dreams and compare them to life now (p.11-12)
 - How would you like life to be different? If your dreams have changed, what do they look like now? (p.11-12) Share what has shaped you (key events, words spoken to you over and over, how you felt about yourself). (p.12-13)
 - How does recalling some of these things help you understand the needs you are trying to fill and the ways you are attempting to fill them? (p.14)
 - How would you describe the process of change? (p.15)
8. Prepare them for next week by letting them know that they've taken a huge step forward in their healing journey, but that things may come up to interfere in the process. Let them know it may get harder before it gets better. They are not alone. We are taking this journey with them.
 9. Have participants commit again to pushing through to the end.
 10. End in prayer, if appropriate.

After the Session:

1. If meeting in person, return the room to its original set-up.
2. Debrief with your ministry or organizational team, as appropriate.
3. Continue to pray for the women in the group and reach out as appropriate to check on their progress and encourage them.

4. If you have a private *Unraveled Roots* Facebook group (optional), post the week's Action Step and be sure to check in daily to respond to participant comments, concerns and/or prayer requests.

Supplemental Materials

Week One *Unraveled Roots* video

Related Scriptures/Stories for Faith-based groups

2 Corinthians 1:3

The Woman with the Issue of Blood: Mark 5:24-34

Possible Questions and Thoughts to Discuss:

- This woman had a devastating physical problem. During that time and culture, a woman with menstrual bleeding was considered “unclean.” This meant she could not worship at the Jewish synagogue. Anyone she touched during this time was also considered unclean. The woman in Mark 5 had menstrual bleeding all the time. This meant she couldn't touch anyone or go to her synagogue. How do you think this affected her emotionally and spiritually?
- When you read this story, how do you think this relates to the idea of roots? (This woman was trying to heal herself. She focused only on the physical — doctors, treatments, etc.) She received her healing when she went to the Healer.
- Looking at the text, how did Jesus address not only her physical, but emotional and spiritual needs? (v.31-34) He didn't just want to heal the external (her body). He spoke directly to her heart and relieved her of shame and isolation.
- This woman had an ongoing problem that was draining her of life. What issues or problems do you feel are draining you of life?
- What had she tried to cure her problem? (v. 26) What have you tried personally to cure your pain and problems?
- When did this woman seek Jesus? (After all her other options had failed.)
- What was the result?
- In what ways can you see your own story in this women's story?



Chapter Two: *The Root of Abandonment*

Before the Session, facilitator should prepare as follows:

1. Read Chapter Two: *The Root of Abandonment*. Answer all the questions. Determine which Scriptures and questions would be best for your group.
2. Send a reminder text/email/phone call to each participant on what the homework is, when we meet, time, and where.
3. If meeting in person, arrive 30 minutes before the group starts, to prepare the room, set up the videos, and arrange the chairs. If meeting virtually, make sure you have the link to the week's video to share in the "Chat" section on your online platform, or email the participants the link to the video prior to the group date.
4. If meeting virtually, email participants the Zoom link before each session if they don't already have it.
5. Pray for each participant that they would be open to go wherever God needs to take them to grow them in emotional and spiritual health.
6. If any participants do not know Jesus, pray specifically for their salvation.

During the Session — Chapter Two:

1. Welcome group members as they arrive.
2. Start the session with prayer, as appropriate for your group.
3. Explain and Explore Goals for the Session with Participants:
 - Discuss the importance of secure attachment with a parent/caregiver, as explained in the chapter.
 - Identify the signs of abandonment as explained in the book.
 - Recognize the types of abandonment that may have been present in your life.
 - Reflect on how abandonment impacted Michelle's life (from Truth Story on pg. 20).
 - Develop a plan of action for responding to the abandonment roots in your life.
 - Read and/or discuss the week's Chapter (following the Group Format you decided on — Read Together, Assigned Reading or Hybrid).
 - Watch the weekly video.
 - Pay attention to participants' reactions as you read and/or discuss.
 - Determine pause points for discussion. Ask open-ended questions about what was read. Draw upon class goals for the participants in developing those questions.

Possible questions to ask the group and related page numbers:

- Why is secure attachment so important to young children? (p.17)
 - In what ways might you have experienced a form of abandonment? (p.17-18)
 - How does knowing we are loved in our heads differ than feeling loved in our hearts? (p.19)
4. Work through the Root-Lie-Truth Section together. Suggest that they continue to reflect during the coming week and journal their thoughts.

5. Remind them that it may get harder before it gets better. They are not alone. We are taking this journey with them. Thank them for their vulnerability and willingness to share.
6. Have participants commit again to pushing through to the end.
7. End in prayer, if appropriate.

After the Session:

1. If meeting in person, return the room to its original set-up.
2. Debrief with your ministry or organizational team, as appropriate.
3. Continue to pray for the women in the group and reach out as appropriate to check on their progress and encourage them.
4. If you have a private *Unraveled Roots* Facebook group (optional), post the week's Action Step and be sure to check in daily to respond to participant comments, concerns and/or prayer requests.

Supplemental Materials

Week Two *Unraveled Roots* video

Related Scriptures for Faith-based groups

Psalm 27:10

Story of Joseph and his brothers: Genesis 37

Possible Thoughts and Questions to Discuss:

- We often focus on how Joseph was wronged and he clearly was! But let's focus on the perspective of the brothers.
- What sparked the brothers' hatred of Joseph? (v.3-4)
- We may be quick to dismiss this as "normal" sibling rivalry. But clearly it was much more than that. How do you think the father's blatant favoritism of Joseph affected his brothers emotionally? How do you see the concept of "emotional abandonment" in Joseph's brothers?
- What are some of the specific emotions and actions that it led to? (v.8, 18, 20, 23-24, 27, 32)
- What do you think was really at the *root* of all the anger and hatred they had toward Joseph?
- How can you relate to Joseph's brothers' experience of emotional abandonment when you reflect on your own upbringing?



Chapter Three: *The Root of Addiction*

Before the Session, the facilitator should prepare as follows:

1. Read Chapter Three: *The Root of Addiction*. Answer all the questions. Determine which Scriptures and questions would be best for your group.
2. Send a reminder text/email/phone call to each participant on what the homework is, when we meet, time, and where.
3. If meeting in person, arrive 30 minutes before the group starts, to prepare the room, set up the videos, and arrange the chairs. If meeting virtually, make sure you have the link to the week's video to share in the "Chat" section on your online platform, or email the participants the link to the video prior to the group date.
4. If meeting virtually, email participants the Zoom link before each session if they don't already have it.
5. Pray for each participant that they would be open to go wherever God needs to take them to grow them in emotional and spiritual health.
6. If any participants do not know Jesus, pray specifically for their salvation.

During the Session — Chapter Three:

1. Welcome group members as they arrive.
2. Start the session with prayer, as appropriate.
3. Explain and Explore Goals for the Session with Participants:
 - Learn the importance of observing healthy coping behaviors.
 - Identify the signs and symptoms of addiction.
 - Reflect how addiction impacted Rebecca's (from the Truth Story) life.
 - Recognize the types of addiction that may have been present in your life.
 - Develop a plan of action for responding to the addiction roots in your life.
 - Read and/or discuss the week's Chapter (following the Group Format you decided on — Read Together, Assigned Reading or Hybrid).
 - Watch the weekly video.
 - Pay attention to participants' reactions as you read and/or discuss.
 - Determine pause points for discussion. Ask open-ended questions about what was read. Draw upon class goals for the participants in developing those questions.

Possible questions to ask the group and related page numbers:

- Why is observing healthy coping behaviors so important to young children? (p.31)
- What forms of addiction have you experienced throughout your life? (p.32-36)
- In what ways can observing addiction in childhood affect you? (p.36)
- Review the examples given throughout the Truth Story out loud. Ask participants if they can see the connection, then have them reflect on their own life.

4. Work through the Root-Lie-Truth Section together. Suggest that they continue to

reflect during the coming week and journal their thoughts.

5. Remind them that it may get harder before it gets better. They are not alone. We are taking this journey with them. Thank them for their vulnerability and willingness to share.
6. Have participants commit again to pushing through to the end.
7. End in prayer, if appropriate.

After the Session:

1. If meeting in person, return the room to its original set-up.
2. Debrief with your ministry or organizational team, as appropriate.
3. Continue to pray for the women in the group and reach out as appropriate to check on their progress and encourage them.
4. If you have a private *Unraveled Roots* Facebook group (optional), post the week's Action Step and be sure to check in daily to respond to participant comments, concerns and/or prayer requests.

Supplemental Materials

Week Three *Unraveled Roots* video

Related Scriptures for Faith-based groups

The Story of Solomon: Ecclesiastes 2:1-11

Possible Thoughts and Questions to Discuss:

- King Solomon had everything. He was fabulously powerful and wealthy. After reading these verses, how would you describe Solomon's level of contentment?
- What are some of the things Solomon tried to make himself happy? (v.2-8)
- What was the result of all his efforts to find contentment and escape? (v.11)
- Ultimately, Solomon is not so different than any of us. He was trying to find his value and meaning in external things and people. Solomon started out following God, but drifted. The further he drifted, the more meaningless and directionless his life seemed. (Read 1 Kings 11:1-6)
- God is the only thing that can truly satisfy our longing for value and significance. He created us to long for Him. Why? Because He is our Creator. He knows and loves us more than anyone. He designed us to seek Him because He always has our best interests at heart. He will never steer us wrong or use us for selfish purposes. Looking back on your upbringing as an adult, how can you see your parent(s) trying to fill their need for God with other things? In what ways did that affect you?



Chapter Four: *The Root of Abuse*

Before the Session, the Facilitator should prepare as follows:

1. Read Chapter Four: *The Root of Abuse*. Answer all the questions. Determine which Scriptures and questions would be best for your group.
2. Send a reminder text/email/phone call to each participant on what the homework is, when we meet, time, and where.
3. If meeting in person, arrive 30 minutes before the group starts, to prepare the room, set up the videos, and arrange the chairs. If meeting virtually, make sure you have the link to the week's video to share in the "Comments" section on your online platform.
4. Obtain any items necessary for additional activities.
5. If meeting virtually, email participants the session's Zoom link, if necessary.
6. Pray for each participant that they would be open to go wherever God needs to take them to grow them in emotional and spiritual health.
7. If any participants do not know Jesus, pray specifically for their salvation.

During the Session — Chapter Four:

1. Welcome group members as they arrive.
2. Start the session with prayer.
3. Spend a few minutes discussing the previous week's Chapter and any insights participants may have had during the week.
4. Explain and Explore Goals for the Session with Participants:
 - Learn the importance of trust and safety in early childhood.
 - Identify the different types of abuse.
 - Reflect how abuse impacted Lily's (from the Truth Story) life.
 - Recognize the types of abuse that may have been present in your life.
 - Develop a plan of action for responding to the abuse roots in your life.
 - Read aloud and/or discuss the week's chapter (following the Group Format you decided on — Read Together, Assigned Reading or Hybrid).
 - Watch the weekly video.
 - Pay attention to participants' reactions as you read and/or discuss.
 - Determine pause points for discussion. Ask open-ended questions about what was read. Draw upon class goals for the participants in developing those questions.

Possible questions to ask the group and related page numbers:

- Why is trust so important to young children? (p.48)
- What is abuse? (p.49-52)
- In what ways might you have experienced a form of abuse? (p.49-52)
- Review the examples given throughout the Truth Story out loud. Ask participants if they can see the connection, then have them reflect on their own life.
- Have participants reflect and answer each of the questions privately, then review the answers out loud to questions on p.54-56 together.

- Have participants reflect and answer each of the questions on p.57-58. If they are comfortable, have them share aloud their responses.
5. Thank participants for their vulnerability and willingness to share.
 6. Have participants commit again to pushing through to the end.
 7. End in prayer, if appropriate.

After the Session:

1. If meeting in person, return the room to its original set-up.
2. Debrief with your ministry or organizational team, as appropriate.
3. Continue to pray for the women in the group and reach out as appropriate to check on their progress and encourage them.
4. If you have a private *Unraveled Roots* Facebook group (optional), post the week's Action Step and be sure to check in daily to respond to participant comments, concerns and/or prayer requests.

Supplemental Materials

Week Four *Unraveled Roots* video

Related Scriptures for Faith-based Groups

Psalm 36:7

The Story of Tamar: Read 2 Samuel 13

Possible Thoughts and Questions to Discuss:

- What clues can we find in this passage that reflect Tamar's heart and innocence? (v.8-9)
- In verses 9-17, what kind of clues do we find that are indicators of Amnon's heart?
- How did this terrible abuse done to Tamar affect her? (v.12,16,19,20)
- Although verse 21 tells us that David was "furious" about what Amnon had done, what did he actually *do* about it?
- What indication might we have that David, in general, was indulgent toward Amnon? (v.6-7)
- If he had dealt with Amnon swiftly and justly, how do you think that would have impacted Tamar?
- What did David's inaction eventually lead to? (v.28-29)
- We live in a sinful world. This isn't the way God originally created it to be. God gave us free will, and since Adam and Eve, people have used their free will to sometimes do terrible things. God hates sin (Proverbs 6:16-19). He will eventually set all things right (2 Peter 3:13). In the meantime, He longs to heal those wounded places in you (Psalm 147:3).

- In what ways can you see your own story in Tamar's?
- What is one step you can take to begin allowing God to heal your heart?



Chapter Five: *The Root of Codependency*

Before the Session, the Facilitator should prepare as follows:

1. Read Chapter Five: *The Root of Codependency*. Answer all the questions. Determine which Scriptures and questions would be best for your group.
2. Send a reminder text/email/phone call to each participant on what the homework is, when we meet, time, and where.
3. If meeting in person, arrive 30 minutes before the group starts, to prepare the room, set up the videos, and arrange the chairs. If meeting virtually, make sure you have the link to the week's video to share in the "Comments" section on your online platform.
4. Obtain any items necessary for additional activities.
5. If meeting virtually, email participants the session's Zoom link, if necessary.
6. Pray for each participant that they would be open to go wherever God needs to take them to grow them in emotional and spiritual health.
7. If any participants do not know Jesus, pray specifically for their salvation.

During the Session — Chapter Five:

1. Welcome group members as they arrive.
2. Start the session with prayer.
3. Spend a few minutes discussing the previous week's Chapter and any insights participants may have had during the week.
4. Explain and Explore Goals for the Session with Participants:
 - Learn the importance of healthy self-discovery in childhood.
 - Identify the signs of codependency.
 - Reflect how codependency impacted Debbie's (from the Truth Story) life.
 - Recognize how codependency may have been present in your life.
 - Develop a plan of action for responding to the codependency roots in your life.
 - Read aloud and/or discuss the week's chapter (following the Group Format you decided on — Read Together, Assigned Reading or Hybrid).
 - Watch weekly video.
 - Pay attention to participants' reactions as you read and/or discuss.
 - Determine pause points for discussion. Ask open-ended questions about what was read. Draw upon class goals for the participants in developing those questions.

Possible questions to ask the group and related page numbers:

- Why is self-discovery important in childhood? (p.61)
- In what ways might you have seen or experienced codependency? (p.62-63)
- Review the examples given throughout the Truth Story out loud. Ask participants if they can see the connection, then have them reflect on their own life.
- Have participants reflect and answer each of the questions privately, then review the answers out loud to questions on p.67-69 together.

- Have participants reflect and answer each of the questions on p.70-71. If they are comfortable, have them share aloud their responses. Thank participants for their vulnerability and willingness to share.
5. Have participants commit again to pushing through to the end.
 6. End in prayer, if appropriate.

After the Session:

1. If meeting in person, return the room to its original set-up.
2. Debrief with your ministry or organizational team, as appropriate.
3. Continue to pray for the women in the group and reach out as appropriate to check on their progress and encourage them.
4. If you have a private *Unraveled Roots* Facebook group (optional), post the week's Action Step and be sure to check in daily to respond to participant comments, concerns and/or prayer requests.

Supplemental Materials

Week Five *Unraveled Roots* video

Related Scriptures

Psalm 139:14

The Story of Jesus: Read Luke 5:15-16 and John 5:19**Possible Thoughts and Questions to Discuss:**

- In Chapter Three, we discussed how Solomon searched in vain to find people and circumstances that would bring his life meaning. He came up empty. He couldn't find it outside of God. Co-dependency is when we look to others' opinions of us and caring for others to fill a need for significance in us that only God can fill.
- Jesus lived a life with a singular focus. What was it? (John 5:19).
- Jesus lived a very difficult life. He was hounded by crowds who continually wanted his time, miracles and attention. He was criticized, mocked and hated by many as He made his three-year journey to the cross. Yet when you think about Jesus' emotional state, how would you describe Him?
- Look again at Luke 5:15-16. How did Jesus respond, even when the crowds wanted more from Him? (See also Matthew 14:23; Luke 6:12 & 11:1).
- Jesus knew His identity and He knew His purpose. We're not Jesus, but we have the same access to the Father that He did. When we know our value and purpose, we don't have to look for it in relationships that drain and threaten to destroy us.

- In what ways do you now recognize codependency in your parents? In yourself?
- Considering Jesus' example, how can you begin to let go of your tendency to pursue relationships and others' opinions as the source of your value?



Chapter Six: *Where Do I Grow Now?*

Before the Session, the Facilitator should prepare as follows:

1. Read Chapter Six: *Where Do I Grow Now?* Answer all the questions. Determine which Scriptures and questions would be best for your group.
2. Send a reminder text/email/phone call to each participant on what the homework is, when we meet, time, and where.
3. If meeting in person, arrive 30 minutes before the group starts, to prepare the room, set up the videos, and arrange the chairs. If meeting virtually, make sure you have the link to the week's video to share in the "Comments" section on your online platform.
4. Obtain any items necessary for additional activities. Ground Rules, etc.
5. If meeting virtually, email participants the session's Zoom link, if necessary.
6. Pray for each participant that they would be open to go wherever God needs to take them. Pray that God would grow them in their emotional and spiritual health.
7. If any participants do not know Jesus, pray specifically for their salvation.
8. Compile a list of local church and community support groups that members can attend for further support and accountability. If meeting in person, make copies to distribute to members. Email the list as a PDF if you are meeting as a virtual group.

During the Session — Chapter Six:

1. Welcome group members as they arrive.
2. Start the Session with prayer.
3. Spend a few minutes discussing the previous week's Chapter and any insights participants may have had during the week.
4. Explain and Explore Goals for the Session with Participants:
 - Identify and discuss fears and potential barriers/challenges in walking out this new path, now that the *Unraveled Roots* group is ending.
 - Discuss ways group members can continue to pursue and receive spiritual, emotional, and physical support on their journey toward healing.
 - If appropriate for your group, explain how your own relationship with God has given you strength, healing and guidance and provide information about how to begin a relationship with God and/or going deeper with Him.
 - Reinforce their value. Tell them how proud you are of them for finishing this workbook and taking positive — and often painful and difficult — steps toward healing.
 - If healthy bonds have formed within the group, encourage women to continue to stay in touch with each other for support and accountability.
 - Read aloud and/or discuss the week's chapter (following the Group Format you decided on — Read Together, Assigned Reading or Hybrid).
 - Watch the weekly video.
 - Pay attention to the participants' reactions as you read and/or discuss.

- Determine pause points for discussion. Ask open-ended questions about what was read. Draw upon class goals for the participants in developing those questions.

Possible questions to ask the group:

- Let's take some time to celebrate! What victories have you experienced in your life during our time together over these past six weeks? Don't think anything is too "small" to share. Small, consistent steps in the right direction lead to big change.
 - What scares or intimidates you the most as we close our time together?
 - The authors talk about how God's love gave them the strength and motivation to continue when choices became incredibly difficult. What was your reaction to that? In what ways have you experienced that?
 - How has reading this book changed your attitudes or beliefs about God?
 - How will you continue to seek out support and accountability? Refer them to the list of local resources, as well as the resources at the back of the book (p.79-81). Ask them which, if any, appeals to them.
 - What relationships may you need to sever or back off from as you continue to walk out on this new path?
5. Let participants know how proud you are of them for completing this journey! Encourage them to continue to pursue healing. Direct them to the resources at the end of the book and relevant local community or church groups. Encourage them to continue to maintain healthy relationships they've made in the group.
 6. End with prayer, as appropriate.

After the Session:

1. If meeting in person, return the room to its original setup.
2. Debrief with your ministry team, as appropriate.
3. Send an email to the group thanking them and congratulating them for being a part of the group and taking this proactive step toward healing. Be sure to let them know you are available if they have any questions or need further information about resources.
4. Continue to pray for the women in the group and reach out as appropriate to check on their progress and encourage them.
5. Close out the private Facebook group (if you have one), but encourage them to remain in touch for support and accountability.

Supplemental Materials

Week Six *Unraveled Roots* Video

[You Can, Indeed, Develop a Deep Relationship with God](#)

Related Scriptures for Faith-based Groups:

The Story of Salvation: Read John 15:1-8; Romans 10:9-13

In addition to the questions outlined above, read the above passages together.

Possible Thoughts and Questions to Discuss:

- What does Romans 10:9-13 tell us that we have to do to have eternal life through Jesus?
- What does that mean for us? (Read 1 John 1:9. We no longer have to live in shame. Jesus took all the shame and punishment our sins deserved so we don't have to.)
- When we've accepted Jesus into our hearts and lives, we don't have to earn His love. He simply asks us to follow His leading and serve Him out of love. (Read 1 John 4:7-9; 19)
- Following God's leading for your unique group, offer an opportunity for participants to know Jesus as Savior, if they don't already have that relationship.
- Provide the group with church small groups and other resources and materials that will help them grow in their relationship with God.

**Addendum**

- [Sample Participant/Client Intake Form](#)
- [Group Guidelines](#)
- [Consent Form](#)
- [“Keep Growing” Encouragement Cards](#)