Unraveled Roots

Exposing the Hidden Causes of Damaging Behaviors

Facilitator Guide

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GREETING

Facilitators,

A remarkable adventure lies before you. Arriving at a place in your journey where you feel led to pour into other women and help them find their own path to healing is an amazing place to be. Helping women find healing from - and peace with - past traumas, dysfunctional behaviors, and damaging thoughts and emotions, is challenging, but also rewarding. Throughout this Facilitator Guide for Women, 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: Exposing the Hidden Causes of Damaging Behaviors*.

Since you've decided to facilitate this resource, a fair assumption is that you've experienced some level of healing yourself. As we discuss in the book, healing is a journey; and it's a life-long journey at that. We are only able to be a vessel of healing for others to the extent that we have experienced healing ourselves. We strongly encourage you to work through the Unraveled Roots book for women before you start to lead a group.

In *Unraveled Roots* for Women, you will find chapters, personal stories, scriptural references, and reflections that all work together to help women see themselves, their past hurts, and the lives they are currently living in a new and honest way. Think of the book and sessions as a map. You are the guide. It is not your job to try and fix anyone in the group. It is up to each woman to take the steps necessary to heal and break damaging cycles. As a leader, your role is to simply provide love, support, appropriate guidance, and accountability for the women on their own healing journeys.

Authenticity is important throughout this journey. Sharing your past traumas, experiences, mistakes, bad choices and, ultimately, how your life has changed will inspire and encourage the women in your group. So, just be the most honest version of you. This can build trust within the group and bring validity to things group members are dealing with. Remember to use "I" statements. Telling a woman what worked for you will be received much better than telling her what she needs to do or know. And, as we discussed, that's not your job anyway. Remember: You don't have to have all the answers. Women crave leaders who

are compassionate, loving, and transparent.

As you work through this Facilitator Guide, you'll find suggested questions and ideas for different ways to format your group. Each facilitator approaches leading a group differently. It's based on your own past, level of healing, personality type, style, and so on. Take what is shared in these pages and make it your own.

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

Karin, Melinda, and Lisa

FACILITATOR'S KIT

- **Facilitation format:** In this facilitator guide, we will provide instruction for facilitating a group either in person or virtually. This resource can also be used for one-on-one sessions, as well as self-guided, self-paced healing.

- **Short online videos to accompany each week's lesson:** You will find videos no more than 15-22 minutes in length that correspond to each chapter in *Unraveled Roots for Women*. There is a facilitator training video and a client video for you to watch before you lead the group and a client-facing video for the women in your group to watch prior to the group. They are designed to explain the concepts in each chapter, offer encouragement to the women in your group, and offer some explanation of each section. The personal story videos also provide great hope for the women in the group as they see a real story from a woman's life who has struggled and overcame her own challenges. Please note that the testimonies in the videos are different from the "Truth Stories" in the book. Feel free to discuss both within your group.

- **Facilitator Guide for Women:** In this guide you will find tips, suggestions, and resources that will help you lead your group with confidence and humility. For recommendations and information about the "Unravel the Roots: Truth Story" sections, please refer to the "How to Use This Book" section in the Unraveled Roots book for Women.

- **"Keep Growing" Encouragement Cards.** Internalizing healthier mindsets takes time and repetition. We've provided a set of cards in the Facilitation Tools section of this guide 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 Appendix includes a variety of professional resources which are referred to throughout this Guide.

PREPARING TO FACILITATE

Galileo Galilei once wrote, “We cannot teach people anything; we can only help them discover it within themselves.” As a facilitator, it is important to remember that we are there to help each group member discover their own questions, answers, and path.

Recovery from anything is messy business. The process requires work, commitment, and time. As a facilitator, your goal should be to help each participant keep moving forward. And again, to do so in a way that makes sense to and honors the women you will serve in this group.

Here are the steps we suggest on how to prepare to facilitate this resource. There are additional resources in the Facilitation Tools section at the back of this guide.

Women typically work through Unraveled Roots in one of three ways: independently, one-on-one, or within a small group. Each has its advantages. Facilitators should pick the method that works best for them. The important thing is that your participants are starting their healing journey. We have included the methods for those working through the material independently for context and a broader understanding for facilitators.

Choosing between these options depends on your personal preferences, needs, and comfort level. Knowing some benefits of each may help you decide where to start with your participants:

Independently

In addition to this Facilitator Guide, we have produced an *Unraveled Roots* book, facilitator training video series, as well as client-facing video series that walks through each chapter. It enables individuals to work through the material at their own pace, on days and times that fit their schedule, and within the privacy of their own homes or spaces. Ideally, for those working through *Unraveled Roots* independently, suggest that they start with the client video for each chapter, then read that chapter in the book and spend some time working through the end-of-chapter questions. The questions aren’t school-type, *do you remember this or that*, rather they are designed to help women dig in deeper to their own experiences, roots, and future. The brief videos provide supplemental

information, guidance, and encouragement. This healing program is available in the online Client Healing Center at www.supportafterabortion.com.

One-on-One

Working individually with a participant is personalized and private. If you choose to lead one-on-one sessions, you can explore experiences and roots with one person who perhaps prefers this to a group setting. Women desiring anonymity may opt for this. Together you delve into individual thoughts, emotions, and challenges; set specific goals; and discuss progress. Some people already have a therapist or coach they work with and could incorporate the work you and your participant do with *Unraveled Roots* into those sessions.

Small Group

In a small group model, you will lead a group of women through *Unraveled Roots* as a facilitator. Women have the chance to speak openly about their roots and pasts. This gives each woman the opportunity to hear and learn from others as they share their own experiences. There is an undeniable strength that comes from knowing we're not alone. Encouragement, accountability, and different perspectives can provide untold benefits to any journey.

Some women switch paths or take multiple paths. They may begin independently and then decide they would benefit from talking it through with someone or within a group. Others go through it with a mentor or group and then want to take a little more time in one or more chapters and explore those independently. Again, the "right" path is simply the one that works best for each woman.

For this reason, it's important to understand where each participant has been with recovery and this book. This doesn't necessarily change what or how you facilitate a given group, but rather provides context and understanding.

Step One: Begin praying daily for the women in your group and the women who may be considering joining your group. Pray they may be put on the right path towards healing wounds from their past and that you may guide them in wisdom, knowledge, and compassion.

Step Two: Invite women to the group at least 4-6 weeks prior to the group's start date. They all likely lead busy lives and need time to arrange their schedules.

Step Three: Perform an intake for those available and interested in attending. An example can be found in the Facilitation Tools section of this guide.

Step Four: Get the book! Make sure the women in your group get their copy before the first session. The paperback book is available for purchase online via Amazon or through the Support After Abortion website. It can also be downloaded from our website.

Step Five: Decide the session format you'll use. Some prefer to assign reading prior to the group meeting. Some choose to go through the book together as a group. Either is fine. It's a matter of what makes sense to you, the facilitator. It is recommended that, whichever format you use, participants should read the "Introduction" and "How to Use This Book" sections before the first meeting.

You may find that groups of five or fewer participants can go through the materials together during a 60-90-minute session. Groups larger than that tend to work better when the client video is watched, the chapter is read, and questions are completed by each member prior to that week's session.

Refer to the Session Format Options section for more details on session formats.

Step Six: About a week before the first meeting, send out a welcome email to the women signed up for the group, reminding them to get their book if they haven't already done so. Explain the group format based on the size of the group in your welcome email along with the number of weeks you will be meeting. Remind them of the start date and time. If you're doing this as an in-person group, remind them of the address and any special instructions for getting into the building, where the room is, etc. If you're using an online meeting program (Zoom, Teams, etc), include a link to that platform. Let the participants know the session format you have chosen, the number of consecutive weeks you'll be meeting, and any assigned homework. Attach a copy of the group guidelines for the participants to review prior to the first meeting. A sample *Welcome Email* and *Group Guidelines* are available in the Facilitation Tools section of this guide.

Step Seven: Set up your calendar for the sessions of the group based on the format you've decided upon. This is a good time to send a calendar invite to each participant as well with the meeting link.

Step Eight: Prepare yourself each week: be organized, have the videos ready, any notes you want to share, and so on. Each week requires preparation. It's never a last minute show-up-and-roll kind of thing. Your preparation will influence the success of the group. Remember the words of Ben Franklin, "By failing to prepare, you are preparing to fail." If you are meeting in person, you'll also need to prepare the room before each meeting by setting up chairs and the technology to show the video.

SESSION FORMAT OPTIONS

As we indicated in Step Five 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 your group may meet as part of a church or faith-based organization, it's important to recognize that participants may include 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** - for group of 4-5
    - Facilitator and group members read the chapter together (excluding the Truth Story). Build pauses into the reading to ask questions.
    - Read the week's "Truth Story" together. Go through and discuss the questions together. Discuss the Root-Lie-Truth chart together.
    - Watch the weekly client video prior to your session.
    - This format seems to work best if you have five or fewer participants.

- **Hybrid Format** - for groups of 4-5
    - This is a blend of the Read Together and Assigned Reading Format below.

    - Reading up to the Truth Story is assigned as homework each week. Group members are directed to answer questions, and watch the weekly client video prior to the session.
    - Facilitator asks for feedback on the prior week's reading.
    - Group reads the Truth Story together and discusses questions.

- **Assigned Reading Format** - for groups 6-10
    - Best for groups of six or more.
    - Group participants are directed to watch the client video, read the chapter, and answer the questions. Discuss the Root-Lie-Truth chart together.
    - Use the questions in this guide to help lead the discussion and encourage the women in your group to think through the material in an intentional way in order to identify the roots that impact their life today.
    - At the end of the session, encourage participants to take a day or two for reflection on this session, while it's still fresh, before jumping into next week's material.

Whichever format you use, take a few minutes at the end of each session to preview the next week's topic and encourage the women to take some time to reflect on the current week's materials. Perhaps it would sound something like this:

"*We've covered a lot of ideas this session. I would encourage each of you to think about what we've discussed and see what else comes to mind. Then write it down. Give yourself a day or two to really sit with what we've covered here tonight. When you're ready to move on to the next chapter, do so. Next week we'll take a look at……*"

FACILITATOR TIPS

One challenge to be mindful of during your sessions is to create a safe environment so that the women will be comfortable in the group. Through our experiences facilitating and leading groups, we have found these methods to be helpful in creating that kind of environment:

- **Be a good listener.** While women often talk, they also know when they are being listened to and appreciate it. Sometimes all they need is someone to listen to them and hear what they are saying. In time, and with enough space, they'll come up with their own solutions. The 80/20 Rule will help you as a facilitator. That means listen 80% of the time, and talk only 20% of the time.

- **Be comfortable with a bit of silence.** So many times in groups of any kind (recovery, family, work, etc), when one person stops talking, another immediately starts. Be mindful to encourage the women to not do this. Allow a bit of silence when someone appears to be done talking. Let the words and ideas and emotions hang for a minute.

- **Be transparent.** Most people will respond positively when they see someone else sharing their own experiences openly, honestly, and vulnerably. In moments where it's appropriate and relevant, be willing to open up a bit. The women in your group will respond to that authenticity and begin to trust you and the other group members enough to share their own struggles … many for the first time. We'll note this in the next session but it's important to remind the women that what is said in the group stays there.

- **Be curious and gently challenging.** It is in no way the job of a facilitator to "fix" anyone. But it is important to draw participants out, using *what* and *how* questions, and gently and lovingly speak the truth and challenge the women to take small, healthy steps towards change and healing. This is important in order to encourage each woman to fully engage in her healing path.

GROUP GUIDELINES

Group guidelines are an essential part of any healing or recovery group. Appropriately implemented, they provide the structure that the group will operate within. They also provide a bit of comfort in knowing what is expected and what is not accepted.

The first week you'll read through the guidelines in their entirety together. As a facilitator you'll want to stress the importance and validity of each. Every week after, touch on each guideline as a reminder. An example of Group Guidelines is located in the Facilitation Tools section of this guide.

Potential Trouble Spots:

Even when the Guidelines are executed and understood, and even when healthy boundaries are shared, things can pop up that threaten the group dynamic and growth of its members. Remember, we're all wired a bit differently and that's a good thing. But when our tendencies cause problems in the group, a slight course correction may be required.

Below are a few issues that might arise and some ideas on how to best handle them.

- **The Conversation Dominator.** In every group there are one or two women who want to monopolize and control the conversation; often getting off topic and sometimes derailing the direction of the session altogether. The most productive way to handle this situation is to gently interrupt, affirm something that was said, and then invite other group members to answer the question or share a thought. If the problem persists, explain to her that you are willing to talk after the session in greater detail, but that it is important for every participant to be heard.

- **The Quiet One.** 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. When she does speak up, affirm her thoughts and/or feelings, and thank her for sharing. This subtle validation goes a long way.

- **The One With Needs too Big for the Group.** *Unraveled Roots For Women* is intentionally designed to be an entry-level book. However, there are

times when a participant will get in touch with a wound or trauma in a very visceral way. Other times a woman may have no idea how to process a long-buried memory that came up. If this happens in a group you are facilitating, remember we are not clinicians and are not there to diagnose. Your best course of action as a facilitator is to have a list of professional counselors or therapists you can refer her to.

Remember that we provide a list of national organizations and spiritual resources in the back of the women's version of *Unraveled Roots*. These resources are there to help women who get in touch with deeper issues and want to spend more intentional time working through them. Encourage the women to familiarize themselves with the resources and, if appropriate, make contact with them. And be sure to follow up. It is appropriate to reach out even after the final session to see how the women who were in your group are doing … especially if they connected with a deeper problem that was too big for the group or book itself.

CHAPTER-BY-CHAPTER GUIDE

(Optional) Introductory Session

If you opt for an Introductory Session, the first of your seven weeks will be a kind of "getting to know each other" group. It's also recommended that group members go over the "Introduction" and "How to Use This Book" sections prior to the first session. You can discuss expectations about the healing process and how there may be painful memories and moments. Let them know that at times they may feel a pull to withdraw or stop.

Whether you use this extra session is up to you. But it can be beneficial in establishing trust and creating a comfort level for open and honest discussion.

For Supplemental Materials for each chapter that delve deeper into scriptures, see the Supplemental Scripture References for chapters 1-5.

If you decide on the six-week format, your first session will be Chapter One.

Chapter 1: *Why Am I Here?*

Before the session, the facilitator should prepare as follows:

- Watch the Facilitator Training video and Client-Facing video for this week's chapter. Read Chapter 1. Answer all questions. Determine which quotes and scriptures from the chapter and questions best fit the group. Allow participants to discuss questions that had meaning for them.
- Send a reminder email and/or text to each group member to remind them what reading and work was assigned, meeting location, time, etc.
- If meeting in person, arrive 30 minutes early. This will allow time to set the room up, arrange chairs, etc. You may also want to print out the Keep Growing Encouragement cards and bring them with you to the first session. If meeting virtually, log into the virtual meeting room 10 minutes early.
- Create a calendar invite for all sessions and send it out so participants can have a placeholder for each group session on their calendar. If meeting virtually, include a link to the meeting platform you'll be using when sending out the calendar invite. Spend the time to be truly familiar with the material for that week. Remember you are facilitating the group, but you are also a woman who can benefit from the sessions. This is true no matter what stage of the journey you are on.
- (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.
- 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.

During the Session

1. Welcome group members as they arrive.
2. Have participants introduce themselves. Lead by example of how you want them to introduce themselves. You could say, "My name is _____. I'm from New Jersey. I'm a mom of two kids, I work part-time and I'm looking forward to getting in touch with the abandonment I experienced as a child and how that affected me." If a member doesn't follow your lead, ask a question or two.

3. Share the purpose of the group. Setting the foundation at this point will bear fruit down the road. Talk through the idea behind *Unraveled Roots*, that it is an exploration of past wounds and damaging beliefs we have about ourselves that often lead to unhealthy choices and behaviors.
4. Remind the women that they are in different places along the path and have come from different pasts. This gives them the freedom to not feel the pressure of comparison.
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.
7. Group Guidelines. Read together the group guidelines (which you will have emailed before this session) and spend a bit of time answering questions about them.
8. Provide one last opportunity for questions before beginning with the material for the week. This will also signify "switching gears" and give group members a moment to mentally prepare to start.
9. Discuss the "Introduction." Omit this step if you opted to hold an introductory session. As with the "How to Use This Book" section, you'll only discuss this during the first session. This is the opportunity to "prime the pump." You'll do that by setting expectations about the healing process. Discuss openly how there will be painful memories and moments. Let them know that at times they may feel a pull to withdraw emotionally or stop attending the group.
10. Ask them to write down their why for attending the group. They don't have to share it with the group or anyone else. But impress upon them the importance of writing it down. Tell them it will be good to reflect on after the final session.
11. Discuss goals for the session.
    - Explain the concept of patterns of behavior.
    - Explain that the "change" process takes time and often involves pain.

Encourage them that working through the pain is an important step.

- Discuss childhood dreams and hopes for the future. Share your own that are relevant and how those differ from present reality. Encourage them to explore new dreams and what that might look like.
- Read and/or discuss the chapter for the week (following the group format you decided on).
- Ask open-ended questions about the materials (reading and videos). Let the women's responses and reactions inform what questions make sense.

  Possible questions and talking points:
  - Recall childhood dreams and hopes and compare them to where you are now.
  - What would you like to see different about your life today? Have your dreams changed? If so, how?
  - What has shaped the woman you are today (events, words spoken to you, what you believed about yourself)?
  - What does the process of change look like to you?

12. Prepare them for next week with a preview of what will be discussed and covered.
13. Encourage them to have courage, honesty, and openness in this session. And remind them to reflect for a day or two before digging into next week's material.

After the Session

1. If you met in person, return the room to how you found it. Make sure trash is picked up, chairs put back, etc.
2. Debrief with your ministry or organizational team, as appropriate, without violating any group members' anonymity.
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 participants' comments, concerns, and/or prayer requests.

Chapters 2-5

The Root of Abandonment, The Root of Addiction, The Root of Abuse, The Root of Codependency

Before the Sessions, facilitator should prepare as follows:

1. Watch the Facilitator Training video for each chapter corresponding with the root you'll be discussing each week as well as the Client Facing video. Read the chapter for the week. Answer all questions. Determine which quotes from the chapter and questions best fit the group. Allow the participants to discuss questions that had meaning for them.
2. Send a reminder email and/or text to each group member to remind them what reading and work was assigned, meeting location, time, etc.
3. If meeting in person, arrive 30 minutes early. This will allow time to set the room up, arrange chairs, etc. If meeting virtually, log into the virtual meeting room around ten minutes early.
4. If meeting virtually, send a reminder email to the participants with the link to the meeting platform you'll be using. Spend the time to be truly familiar with the material for that week. Remember you are facilitating the group, but you are also a woman who can benefit from the sessions. This is true no matter what stage of the journey you are on.

During the Sessions

1. Welcome group members as they arrive.
2. Briefly go over the group guidelines
3. Explain the goals for the session with participants:
    - Explain the basic concepts of each root as explained in Chapters 2-5.
    - Discuss the Truth Story.
    - Read and discuss the chapter.
    - Ask open-ended questions about the client video and chapter where appropriate.
4. 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.
5. Go through the Digging Deeper section together. Be sure to hit the key

points between “fact - lie - truth - behavior.” Encourage participants to take time after the session to sit with the week’s lesson and write down their thoughts, feelings and any revelations they may have had.
6. Remind group members that recovery work gets harder before it gets easier. Commend them for the work they’ve done and the commitment they each made to do the work and to seeing it through to the end.
7. Prepare them for next week with a preview of what will be discussed and covered.
8. Encourage them to have courage, honesty, and openness in this session. And remind them to reflect for a day or two before digging into the next week’s material.

After the Sessions

1. If you met in person, return the room to how you found it. Make sure trash is picked up, chairs put back, etc.
2. Debrief with your ministry or organizational team, as appropriate, without violating any group members' anonymity.
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.

Chapter 6: *Where Do I Grow Now?*

Before the session, the facilitator should prepare as follows:

1. Watch the Facilitator Training video and Client-Facing video for Chapter 6. Read Chapter 6. Revisit the question “what brought you to this book” asked at the start of this group. Allow participants to discuss parts of the chapter that had meaning for them.
2. Be prepared to share next steps with the participants. Have links to webinars, further healing options, etc.
3. Send a reminder email and/or text to each group member to remind them what reading and work was assigned, meeting location, time, etc.

4. If meeting in person, arrive 30 minutes early. This will allow time to set the room up, arrange chairs, etc. If meeting virtually, log into the virtual meeting room 10 minutes early.
5. If meeting virtually, send a reminder email to the participants with the link to the meeting platform you'll be using. Spend the time to be truly familiar with the material for that week. Remember you are facilitating the group, but you are also a woman who can benefit from the sessions. This is true no matter what stage of the journey you are on.
6. Decide on whether you will be using the Google Form Feedback Survey. A sample has been provided in the Facilitation Tools section of this guide. Keep in mind, these are only suggested questions. You should customize them according to your group process. The purpose of this survey is to obtain honest feedback from group participants on the quality of facilitation and the effectiveness of the resource.

During the Session

1. Welcome group members as they arrive.
2. Open in prayer if appropriate for your group.
3. Sum up the previous sessions and the work done.
4. Discuss concerns participants may have about walking this new path with the group ending.
5. Encourage group members to discuss what they've learned and what's next for them.
6. Tell the women in your group how proud you are of them, the work they've put in, and the progress they've made.
7. Encourage them to keep working and growing. Remind them what they wrote at the beginning of the group.
8. Read and discuss the text of the chapter.
9. Ask open-ended questions about the video and chapter where appropriate.
10. If using the feedback survey, provide the link to the feedback survey to your participants and ask them to complete it before your group is finished for the day.
11. 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.
12. Close in prayer if appropriate.

After the Session

1. If you met in person, return the room to how you found it. Make sure trash is picked up, chairs put back, etc.
2. Debrief with your ministry or organizational team, as appropriate, without violating any group members' anonymity.
3. Continue to pray for the women as they continue their healing journey after the group.
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.
5. If you decide to use a feedback survey, determine who has completed the survey from your group, and send out a follow up email reminding those who have not. Be sure to use the "blind carbon copy" (bcc) in your email, so others won't know who the email was sent to..

SCRIPTURAL SUPPLEMENTAL MATERIALS

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 woman's story?

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?

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 from 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?

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?

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. Codependency 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?

Supplemental Materials: Week Six Unraveled Roots Video

Related Scriptures: Acts 2:42, John 16:33, John 15:1-2

The Story of the Exodus: Read Exodus 17: 1-7

Possible Thoughts and Questions to Discuss:

- God led the Israelites from slavery to freedom through the desert. But that path wasn't easy. They thirsted, complained, and questioned God's presence. Yet, in His love, God used Moses to provide water, showing his trustworthiness. Consider the obstacles and doubts in your healing journey. What are you longing for? Are you trusting God to provide your needs? Who might God use to support and guide you?
- God said "I will stand there before you" and provide water for the people to drink. The Israelites may have wished to be taken out of the desert but God promises to be with us through our troubles. Do you talk to God and trust Him to meet your needs? How can you grow your relationship with Him? Consider looking for and writing down moments when God provides for you.
- Both the Exodus and Acts passages emphasize the importance of community, leadership, and support. The Israelites journeyed together and helped one another. The early Church ate, prayed, and preached together. We aren't meant to live our faith alone.

How can you find a group of women to create a community with or a small group to join in your church?

- Jesus spoke of trimming vines and removing branches that don't bear fruit. What will you "trim" in your life to be healthier and bear good fruit? What about people in your life who are resisting your efforts to break free from unhealthy patterns? How will you trim those branches in your life?

FACILITATION TOOLS

Sample Welcome Email

Hi (name),

My name is (your name), and I will be the facilitator for your upcoming *Unraveled Roots* group that starts on (date and time). I am looking forward to getting to know you over the next few weeks.

Our group will have _____ sessions. We have opted for an introductory session, so in total we will meet seven times.

Before the group begins, make sure you have a copy of *Unraveled Roots: Exposing the Hidden Causes of Damaging Behaviors*. You can purchase the book online via Amazon or through the Support After Abortion website. It can also be downloaded.

I also want to share with you a link to the client-facing videos that go along with each chapter. Feel free to access them here. It's a good idea to watch the video prior to completing the work for each week. It will help give context to what will be discussed and covered that week.

In preparation for our first week, read up through Chapter 1. Take your time with the material. I encourage you to highlight, underline, and write notes. It's also a good idea to answer the questions at the end of the chapter. Again, take your time and sit with the concepts and ideas in this and every chapter.

Our group will use Group Guidelines to create a space that will encourage open discussion and authenticity.. They are attached here. [Insert link of your guidelines]. I would suggest downloading them and becoming familiar with the Guidelines. In the first week we'll go over them in detail. We'll briefly skim over them as a reminder at the start of the other sessions and review them as necessary.

The next thing has to do with missing sessions. Things come up. That's the way life works. Our sessions will last for ____ weeks and each week is crucial. If you miss a week, you and I can schedule time before the next session to cover the

missed material. If more than one session is missed, we'll have to discuss a different time to start and complete the program.

I will send out group texts and emails during our weeks together. Feel free to connect with the other women in the group outside of the sessions, if that's something you are interested in. You'll likely find opportunities to encourage and support one another.

As always, if you have any questions or concerns, please reach out. My personal cell number is [insert number]. Thank you for being a part of this journey. Looking forward to what lies ahead!

Sincerely,
(Your name)

Additional Resources

Sample Women's UR Intake Form

Client Group Readiness Assessment

Code of Ethics

Signs of Codependency

Group Feedback Survey

"Keep Growing" Encouragement Cards