

# **Hope for Mental Health** Community

## **Table Discussion Guidelines**

Please have someone read the following aloud to your table:

- Allow everyone the chance to speak.
- Listen respectfully, without interrupting.
- Seek to understand the person speaking.
- Your focus is on learning and supporting.
- Rather than giving advice, share what has helped or encouraged you.
- Avoid assumptions about anyone sharing.
- If someone doesn't want to share, that's OK, but show you're willing to listen.
- To help everyone to feel safe, accepted, and comfortable sharing, please keep what is shared with the group confidential.
- Please know that if you feel overwhelmed/stuck, you can always reach out to a staff member present or ask someone to join you at the table to assist.

**Hope for  
Mental Health**

Community

## Table Discussion Questions

October 28, 2018

### Table Discussion #1

1. God promises to never leave you or abandon you. How does this change the way you view getting through the holidays?
2. Understanding that the holidays bring with them many challenges and/or painful feelings or memories, what might be different if you could give yourself grace to feel what you feel, and take care of yourself this holiday season?
3. What unrealistic expectations might you have of yourself or from others during the holidays?

### Table Discussion #2

1. Take a few minutes to fill out your Holiday Plan then please share with your table.



SADDLEBACK  
CHURCH