



Message: Overcoming Breakups (Marriage and Divorce) (2/16/2020)

Use the message and the message insert to help guide your answers and discussion for group.

1. Have you ever experienced the pain of a breakup? How did it change you?
2. Why it is difficult to overcome a breakup? Can you relate?
3. Identify and define the three stages of healing a for a breakup?
4. Why are these stages important for the recovery of a person?
5. What have you learned this week that you can apply immediately?
6. What have you learned this week that you wish you would have known before?