

B.Y.O.V.
** Be your own valentine!*



Holiday support for divorced, divorcing and/or separated partners of sex addicts, with Gaelyn Rae Emerson.

Courageous Explorations™ Writing, Reflection + Sharing Questions
on the topic of
“Loving Ourselves & Loving Each Other”

Haven't paused to start processing this stuff? Not sure what (if anything) you want to share during our group sessions? Here are some questions you might find helpful.

- What is one Valentine memory that invites you into a place of happiness?
- What is one Valentine memory that invites you into a place of pain or sadness?
- What is one challenge about this season you wish to speak out loud amongst others who understand?
- What is one loss you wish to share and grieve in the company of others, to feel it within a safe and comforting environment?
- What is one unspoken thought or feeling you've been carrying as Valentine's Day approaches—and how has the weight of that impacted your life this past week?
- How did you once define or experience love within your SA relationship? How has that definition and experience changed? How has it remained the same?
- What is one meaningful way you can share love with our group today?
- What is one meaningful way you can receive love from our group today?
- What do you need most from your loved ones this Valentine's Day? Can you ask someone to honor or meet that top-priority need? What internal tools or resources will you need to make that request?
- What is one experience of love for which you previously relied upon your SA partner? How can you choose, from this day forward, to tenderly and passionately provide that love for yourself?
- What new Valentine tradition can you start for yourself and/or your loved ones this week?
- What "comfort item" or "soul symbol" did you bring to this session? What does it represent, and/or why is it important to you?
- What is one specific action you've taken this week that can be categorized as "self-love?"
- When I am alone and discouraged this week, I will remember the following affirmation...
- When I am alone and struggling this week, I will reach out to others who...
- Especially on Valentine's Day, I give myself permission to...
- On these topics of "Be Your Own Valentine" and "Loving Ourselves & Loving Each Other" I am proud of myself for...