

Reflection Questions for the Second Week of Advent

Instructions: Reflect on **one** of the following questions. Note your response. If you want, share your written or verbal response with another person.

- **Describe your personality then ask a few people close to you to describe your personality. What does this say about who you are?**
- **List several traumatic experiences you've endured and reflect on how they have affected you long term.**
- **Are you facing a major life transition? If so, describe what the transition is requiring of you in practical and emotional terms.**
- **Describe the ways one of your gifts and one of your shortcomings impacts yourself and others.**