



Discussion Questions

- 1. Nancy talks about the "toxic Velcro effect" where unresolved issues (toxic fuzzies) attach to the toxic behaviors of others (toxic loops). How have you seen this play out in your own life or relationships?
- 2. How do the unresolved areas of your life make you susceptible to things happening in our world today?
- 3. In what ways can the pursuit of independence from God lead to further trauma, and how does embracing dependence on Him bring healing and wholeness?
- 4. Let the Father speak to you about any unresolved areas of your life. How are you trying to live a life independent of Him?



