



# Heart in a Drawer

EXPLORING HURT, HEALING AND HOPE AS AN ADULT CHILD OF DIVORCE

## Episode 33 Meditation Verses:

Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.  
Philippians 3:13b-14 NIV

Write the verses out three times below to hide them in your heart and mind.

1.

2.

3.

Reflection Questions:

What would you like to throw away from your generational patterns?

What would you like to keep?



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## **Mapping Your Genogram**

I strongly urge you to get the book, *Emotionally Healthy Spirituality*, to start mapping your own genogram. Here are a few questions to get you started, specifically for you as an adult child of divorce.

What general patterns of behavior do you see as threads in both sides of your family?

How did both sides of your family react to the divorce on an emotional level?

How did your family handle anger, sadness, loneliness, fears, memories and other aspects related to the divorce?

Which coping mechanisms did you and your family use to handle the fallout of the divorce?

Which emotions did you experience in the past month that may be connected to negative family patterns?