

Your Story

1. As you read about the Connection/Love aspect of Yin Spiritual Maturity, what comes up for you? Does this describe your own experiences of the spiritual? Do feeling gratitude and a desire to give back have a draw for you? What other aspects of the spiritual are important to you?

2. On the Autonomy/Curiosity side, how would you describe yourself? Do you find yourself drawn to being “in service,” or is there still a pull to figuring out “what’s *my* role?”

3. Which of the Monsters that inhibit/prevent spiritual maturity show up in your story? How? Are there others not mentioned? Give examples.

4. As you think about this form of maturity, what draws you to it? What repels you? How would you describe your relationship to it?