

# ADAM AND EVE

## WEEK ONE

Your PDF reflection pages are private and always your own. Community questions are shared at the end of the month and are completely optional

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**What does personal responsibility look like in your current season of life?**

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**Where might shame or self-judgment be preventing growth or honesty in your life?**

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**How do you typically respond when a choice brings unexpected consequences?**

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**How can awareness—even when uncomfortable—lead to deeper compassion for yourself?**

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