

## SERIES: HOW TO START REPAIRING BROKEN RELATIONSHIPS

Episode 2: "Back to You"

When someone wrongs us it's tempting to want revenge. But in order to repair a relationship, we must fight the urge to get back AT and instead be proactive in getting back TO the other person.

## QUESTIONS

- Have you ever been on the receiving
  end of being convinced, coerced, convicted, or controlled? What was that experience like for you? How did you respond?
- In this message Andy states,
  "We're only as happy as our core relationships are healthy." Have you experienced this in your own life? When your core relationships are struggling, how does it impact the other areas of your life?
- When your relationships begin to
  get rocky, what is your first reaction? Are you more passive, reactive, or proactive? Explain.
- Ask yourself, "Is there someone in my life I need to forgive and get together with to repair the damage that has been done?" What needs to be true in your life for you to take that first step back? What can you do today to get there?

## NOTES



Repairing a broken relationship always starts with us, regardless of who initiated the fuss.

Learn something new? Have any epiphanies? Tweet your story and tag us @YourMove.