

**Hope for  
Mental Health**  
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Community

## Table Discussion Questions

Borderline Personality Disorder with Guest Speaker Dr. Kissell  
August 25, 2019

### Table Discussion #1

1. Is there a challenge/burden/disappointment you might be able to apply this tool of radical acceptance to today?
2. How does it affect you to think of yourself as radically accepted? Would that change the way you approach life?
3. Is there anything you need from God today? What would that be?

### Table Discussion #2

1. Can you imagine the difficulty in communicating with others if what you have in your mind is very different than what is in another's mind? Give some examples of an experience when you were on an entirely different page than the person you were speaking with.
2. What is an inquiring stance? Ask the person next to you to begin describing an event or situation they have been in over the last couple of days; see if you can take up an inquiring stance.
3. When someone you know is suicidal, what sort of responses might you offer?



SADDLEBACK  
CHURCH