



Stronger Women® Discussion Guide

Companion to the 4-Part Blog Series: Are Abusive Relationships Still Controlling You?

This guide is for personal reflection or group discussion. Feel free to print, journal, and share with others on the journey to healing.

Blog 1: Waking Up from the Brew of Control

- In what ways have you experienced lingering control after a relationship ended?
- What phantom voices still echo in your thoughts?
- What does hope mean to you right now?
- What one thing can you do today to feel safer or more empowered?

Blog 2: Steeped in Shame – The Unseen Brew

- Where do you notice shame showing up in your life or decisions?
- Have you ever blamed yourself for something someone else did to you?
- What would it look like to set a goal free from shame?
- How has God spoken to you in your silent moments?

Blog 3: Pouring a New Path – Breaking False Dependency

- What relationships or systems have made you feel dependent or stuck?
- What false bridges have you crossed, hoping things would change?
- Can you imagine a new pathway toward safety and peace?
- Who can help you build willpower and support your next step?

Blog 4: Stronger Than Yesterday – You Are Not Alone

- What does it mean to 'redefine your life' as a survivor?
- How have you seen God restore hope where there was hurt?
- What would a true comeback look like for you?
- What does being 'stronger than yesterday' mean in your journey today?

Scripture Reflection

"May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit." — Romans 15:13

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