



Road to Freedom

Week 8 - Tearing Down Walls

First Name and last initial: _____ Date: _____

We often build walls of defense to protect us or to hide us from our pain. While they do their job when we are children, by the time we become adults, the walls no longer shield us and become our greatest weakness and downfall. These walls are our attempt to do what only God can do - protect us. Week 8 helps you discover your defense walls to tear them down.

What do walls of defense mean to you?

Describe two basic kinds of defense walls we build.

What are reasons for someone to build walls of defense?

Name 4 key roles we adopt to survive as children in our families and list at least 3 attributes of each.

Which role do you think you played in your family and why?

Imagine living your childhood if you didn't need to adopt the role. How would have it been different?