

Free Counseling

Confidential. Biblical. Brotherhood.

Men work with men. Women work with women. Online or in person.

6-10 **FREE** sessions

Topics: Identity, Shame, Marriage, Depression, Anxiety, Spiritual Apathy, Anger, Leadership and Discipleship

Email: jchao@cpcweb.org

Or: <https://cpc.org/ways-to-connect/biblical-counseling/>

Discussion, Prayer, and Sharing

1. What is the difference between guilt and shame in your own life?

(Where have you felt “I did something bad” versus “I *am* something bad”?)

2. When you struggle (anger, isolation, addiction, anxiety, overwork, overthinking, depression), what do you think it reveals about your identity?

3. Whose voice do you think is loudest in your life right now?

(Culture? Performance? Your past? Your parents? Your fears?)

4. Where / What are you hiding?

What part of your story do you believe would disqualify you if other men really knew?

5. What would psychological/emotional safety actually look like for you in this brotherhood? What needs to change?