

SESSION 5: CONNECTING AFTER TRAUMA

SUGGESTED DISCUSSION QUESTIONS

- What is something you learned that you did not know before?
- Can you describe a time when you felt like there was a threat but in reality, there was no threat?
- What was the main reason Lisa ended up running away?
- Why is it difficult for a person who has been abused to accept unconditional love?
- What was Lisa's version of freedom?
- What did Andy say is the role of the prefrontal cortex? At what age is it fully developed?
- Why is it not helpful to try and get a child to think logically when they are experiencing big emotions?
- What part of the brain do we need to connect to so we don't "miss" our kids?
- Why is it so difficult for a child to practice delayed gratification?
- What did Sean Parker say the thought process was behind Facebook and other social media apps?
- What did Sean Parker admit to exploiting in people?
- What were some of the most disturbing things you heard Sean Parker say?
- Why is a child's brain more susceptible to addiction?
- Why is it more difficult now than ever to connect with our own children?

TAKE AWAYS

If you are realizing that your children are too dependent on screen time, this is a perfect opportunity for you to:

- Use screen time as a reward for practicing delayed gratification.
- Find other activities your kids enjoy doing that release happy chemicals without a screen. Music, dance, board games, playing an instrument, sports, arts and crafts, cooking, are just a few examples of activities that release chemicals that will help maintain a healthy brain.