

Thought Questions for *In the Grip* Discussions

Questions for *same* Groups:

1. What general *in the grip* behaviors do you see in all inferior functions?

2. Where do you more often see your inferior function pop up? Workplace or Personal Life?

3. What is the difference in conditions between work life and home life?

4. Are you now, or can you recall a time, when you were *in the grip* at both home and work? What was going on then? What did you do (or are you doing now if it is now) to cope?

5. They (CCP/Naomi Quenk) say that when you are *in the grip*, you can't recognize it or get out of it. It is only after that you can look back and see it. What do you think about that? If you disagree, why and if you agree, why.

Questions to Ponder

- What are you like when you are *most* yourself? That is, what qualities best describe you or define you as an individual? For example, you might describe yourself as typically: optimistic, careful with details, concerned about others, future oriented, and so on.
- What are you like when you are *not* yourself—how are you different from your usual way of being?
- What events or circumstances are likely to provoke the reactions and changes you experience?
- What can you or others do to help the return process?
- What can you or others do to hinder the return process?
- What aspects of your work life are most satisfying and energizing?
- What aspects of your work life are most dissatisfying and stressful?
- How do you typically deal with chronic stress?
- What new things have you learned about yourself as a result of your out-of-character experiences?