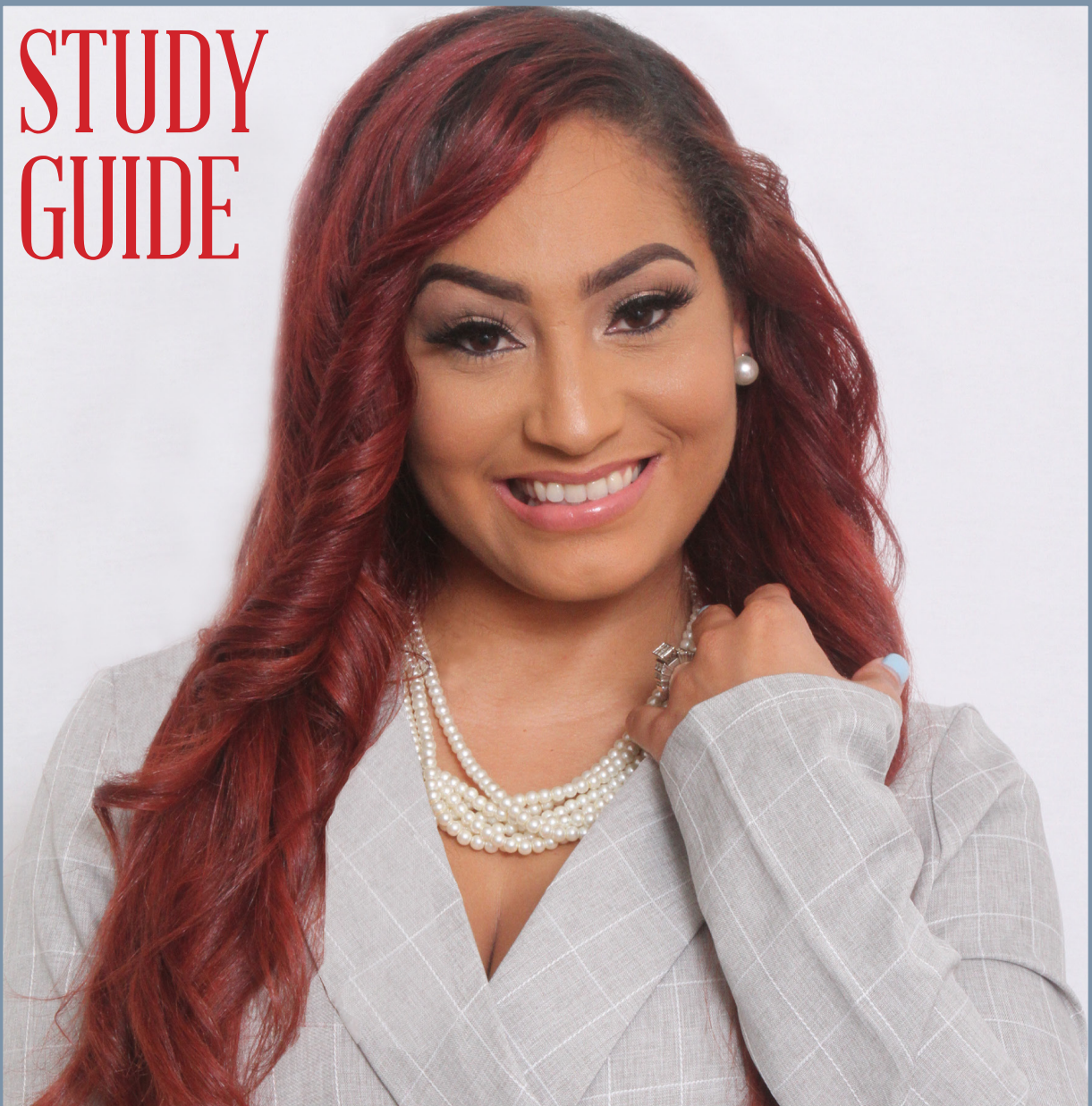


STUDY
GUIDE



PRESSURE POINT

ADVERSITIES STRENGTHEN AND PUSH YOU TO YOUR DESTINY
EMBRACE THE PRESSURE

JENNY THELWELL

PRESSUREPOINT

ADVERSITIES STRENGTHEN AND PUSH YOU TO YOUR DESTINY

Chapter 1 In the Beginning...

How did you perceive your life while going through daily struggles when you were younger? Were you able to see a brighter future at the time? If so, how?

At this very moment in your life, are you where you pictured you would be? If yes, how did you get there? If not, what can you do now to get there?

As you reflect on your life, do you feel God was there in the midst of your struggles? In a few sentences, reflect on how you know He was there or why you think He wasn't.

Chapter 1

In retrospect, what have you learned about the beginning stages of your life?

Overall Reflections

Chapter 2 Count It All Joy

Have you ever developed a strong bond (negative or positive) with a person? How did it make you feel? What did you learn from it?

Discuss a significant person in your life whom didn't make it to your special day (graduation, wedding, an accomplishment). How did that make you feel? Do you think that experience affects decisions you make in your daily life? Why or why not?

Sometimes we do things for people who don't appreciate us. Talk about a time you stopped doing for others who took you for granted. Why should you cultivate your relationship with those people and form a positive bond?

Chapter 2

Overall Reflections

PRESSUREPOINT

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Chapter 3 Making Drug Runs with Mom and Living in My Own Valley

Discuss a time when you felt responsible to “save” or protect someone. How did you feel?

At any point in your life, did someone violate you in any way? If yes, did you tell someone? If not, do you wish you had spoken up?

I saw a need to break the generational curses in my family, one being molestation. Do you have any generational curses in your family? If yes, what steps have you taken to break the cycle?

Chapter 3

Taking into account of hurtful situations in your life, what have you done to heal from those issues? In retrospect, what have you learned about the beginning stages of your life?

Overall Reflections

Chapter 4 Sacrifices and Goals

Discuss the goals you had as a child and the plan you made to achieve them? Who served as a role model (or someone you looked up to) that helped you achieve those goals?

What are some things you heard as a child or young adult that you did not understand then, but totally understand now?

In this chapter, I speak about joining the army. I feel that I should've been more informed before jumping in. At what point in your life did you jump into a situation or a make a decision with minimal information? Was it worth it? Why or why not?

Chapter 4

Name an accomplishment(s) that made you feel so proud and like you can conquer any goal you set. What kind of attitude did you have to possess to achieve this goal?

Overall Reflections

Chapter 5 Overcoming the Triple Threat

Have you ever had to defend who you are due to preconceived judgement? How did you handle that?

My “triple threat” is genderism, low socioeconomic, and ethnicity. Those are issues I still fight daily. What threats do you deal with? How?

Answer the questions at the end of page 84 below.

Chapter 5

In retrospect, what have you learned about the effect your upbringing has had on your adult life?

Overall Reflections

Chapter 6 Results

In what ways have your circumstances made you better? Stronger?

When you feel like there has got to be more to life or feel lost, what do you do to uplift yourself?

We can't give what we don't have. Who do you have in your life that pours into your spirit? Is it feeding you rather than starving you? If you don't have anyone positive fighting on your behalf, how will you find that person?

Chapter 6

In life, we must forgive to release hurt and pain. Whom have you forgiven? How has it helped you along your journey?

Overall Reflections

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Overall Reflections On The Journey