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"i love you"

TAM WAI JIA



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OVERCOMING HURTS, FINDING HOPE

Facilitation Guide

PREFACE

This facilitation guide is designed to accompany the video message and the animated video or book reading of *I Love You* by Dr. Wai Jia Tam. The discussion should be led by a trained facilitator.

Target audience	Youth and young adults
Suggested maximum number of participants	20, divided into small groups of 4 or 5
Resources needed	<ul style="list-style-type: none">• “I Love You” video message: https://youtu.be/QuOPp_0d9qM• Hard copy of <i>I Love You</i>, <i>or</i> the PDF copy (bit.ly/iloveyou-pdf) <i>or</i> the animated book (https://youtu.be/KUH0IokMdJk)• Facilitation Guide• Freedom Journal (optional)
Suggested time allocated	90 minutes
Objectives	<ul style="list-style-type: none">• To inspire hope and faith in participants to recover from broken relationships and build healthy ones• To guide participants through a process of self-discovery to gain insight into their previous and current hurts with loved ones• To encourage participants to seek healing through love and forgiveness

KEY:



denotes text for facilitator to read aloud

Key discussion question for participants



denotes a question for participants

Reflection exercise for participants

OVERVIEW OF SESSION

#	Duration	Activity	Notes
1	5 min	Welcome and introduction	
2	20 min	Opening video	“I Love You” video message
3	5 min	Book reading/animation	<ul style="list-style-type: none">• “I Love You” book animation• PDF book
4	5 min	Opening questions	
5	40 min	Breakout group discussion	In groups of 4-5
6	10 min	Freedom Journal	Print out Freedom Journals for all participants
7	5 min	Attendee feedback form	Online form: bit.ly/kg-feedback

FACILITATOR'S GUIDE

1. WELCOME AND INTRODUCTION (5 MIN)



“Today, we are going to read and discuss a book called *I Love You*. Although it seems like a book on romantic love, you will be surprised to know that it was written by an author who was certain she would never marry! Because of the life experiences the author went through in her growing years, including family crises and emotionally traumatic experiences, she felt that engaging in a healthy romantic relationship would be impossible.

“In today’s world where divorces are on the rise, have you ever considered what a healthy relationship might look like?”

“We’re first going to begin by hearing a little of her story through a short video, do a book reading, and then discuss what we’ve experienced.”

2. OPENING VIDEO (20 MIN)

Play the “I Love You” video message: https://youtu.be/QuOPp_0d9qM

3. BOOK READING (5 MIN)

Play the book animation here: <https://youtu.be/KUH0IokMdJk>.

Participants can choose to follow along with the PDF copy of the book here: bit.ly/iloveyou-pdf.

4. SUGGESTED OPENING QUESTIONS (5 MIN)

- ❖ What do you think this book is about? What are some themes?

Possible answers include: A book about love, forgiveness, etc.

- ❖ In what ways did the book speak to you?

You may wish to ask some probing questions such as, does it remind you of relationships in your family or between your parents? Even though this book is about a romantic relationship between a bear and a bunny, some of the themes in this book also apply to family relationships.

The appendix includes questions that may help facilitate deeper discussions on specific pages. They need not be discussed in the particular order shown; they are only meant to serve as a guide should participants select these pages to discuss.

5. BREAKOUT GROUP DISCUSSION (40 MIN)

In groups of 4-5, invite participants to discuss selected questions from the slides, especially the bolded questions.

- “ For example, you may say, “In the next 40 minutes, share about 4 questions within your group. Everyone can pick any 2 questions to go around and end with the last 2 bolded questions. Everyone has approximately 1 minute to share for each question.”

You may go around the groups to guide the discussion as they articulate any emotions or experiences that surfaced.

6. FREEDOM JOURNAL (10 MIN)

Distribute the Freedom Journal to participants.

- “Today’s session may have sparked hope and faith in you to recover from broken relationships and to build healthy ones. Take a moment to fill up the Freedom Journal to reflect on today’s session.”

7. ATTENDEE FEEDBACK FORM (5 MIN)

- “The author would appreciate if you took a moment to share about how this session impacted you. Please fill up the attendee feedback form online at bit.ly/kg-feedback. Thank you!”

APPENDIX

SUGGESTED QUESTIONS FOR DEEPER DISCUSSION

Consciously or not, many of us carry a specific image of the perfect family in our minds. Yet, many of us do not necessarily experience that. There is a saying that goes, “You can choose your friends, but not your family”.



- ❖ In this illustration, the two figures are far apart. Is it difficult for you to become close to others, and if so, why?
- ❖ Each of the figures is turned away from one another, with their arms crossing their chests. Crossing our arms over our chests or trunks is a protective stance. What might these characters be protecting themselves from?
- ❖ What differences do you see between the two characters and what might this mean?

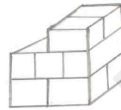
For example:

- One is a bear and the other is a bunny. They may be fearful of engaging with someone different from themselves.
- The bear is standing with a heart-shaped plant, while the bunny’s pot is empty. This could represent the bear putting his heart out to show his vulnerability, while the bunny is keeping her heart close to prevent it from getting hurt.
- Look at the bricks on both sides. The bunny has more bricks compared to the bear. Can you relate to the idea of “putting up walls” around your heart?

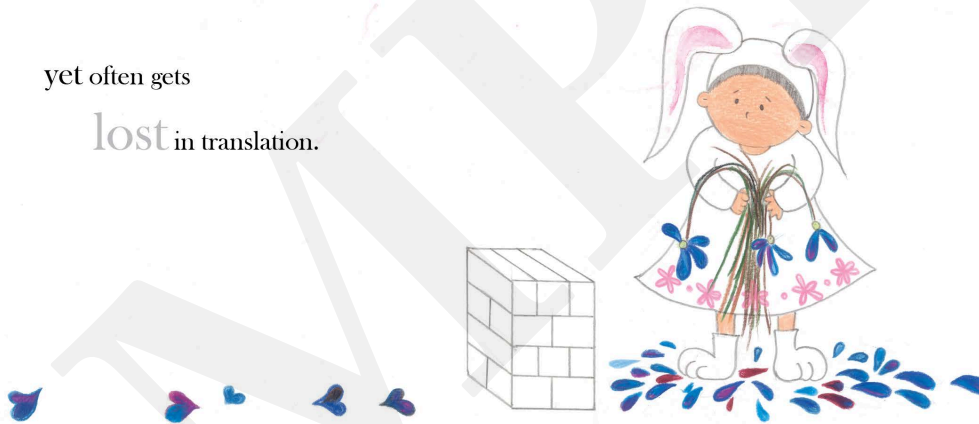


Love

comes with
good intentions,



yet often gets
lost in translation.



- ❖ In your own life, how have others' good intentions been "lost in translation"?
- ❖ In your own journey, do you allow your family members, mentors or loved ones to speak into your life? What are your barriers to involving them in your journey of growth?

Many of us have experienced situations where other people's words or actions have come across wrongly and hurt us. How has this affected our relationship with them? If we put ourselves in their shoes, might there be other reasons why they act a certain way? How can we act wisely in our interactions with them?



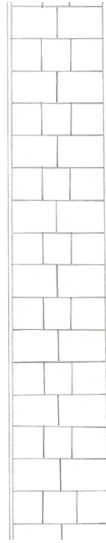
❖ What makes it difficult for us to express our emotions?

❖ **Key Discussion Question:** Are there times you find it difficult to articulate how you feel to your loved ones? What are some ways we can express our emotions, instead of blowing up like in the picture above?

It takes
courage
to plant seeds,



and
pull weeds,



- ❖ What does it mean to “plant seeds”?

Possible answers include doing things that grow or contribute to one’s growth.

- ❖ What does it mean to “pull weeds”?

Possible answers include changing life-draining or growth-stunting ways or habits.

- ❖ Are there particular relationships that you have neglected, which you feel you can invest more into? Why are these relationships important in your life?

Encourage participants to reflect upon why it is important to maintain a social circle and community.

Reflection Exercise: Write down some activities that you used to enjoy doing with your friends and loved ones, that you would like to do again with them. Write down the names of people whom you would like to reconnect with.

But when we
stop to **listen**,



and say
“i’m sorry” or
“you’re forgiven”...



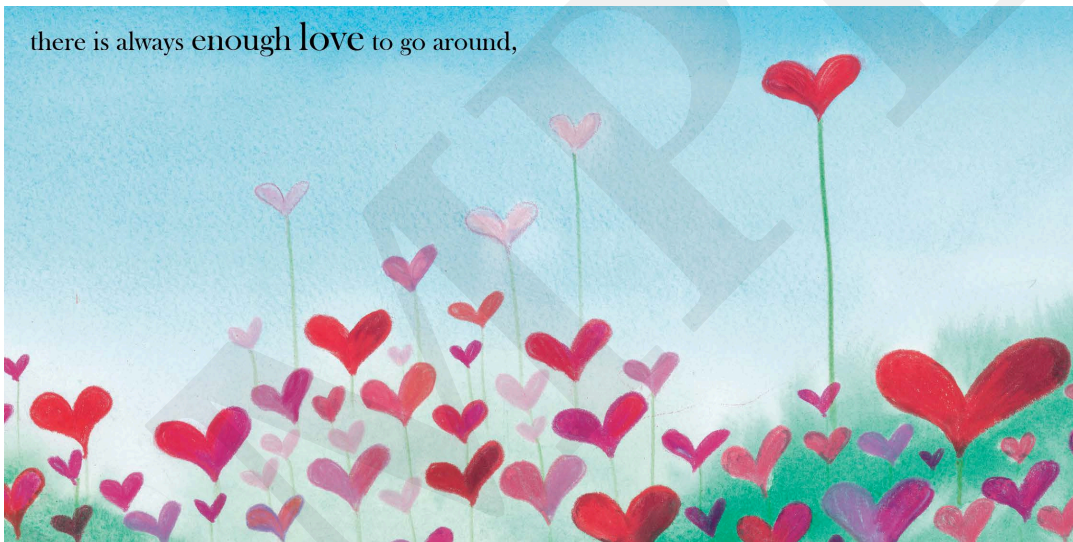
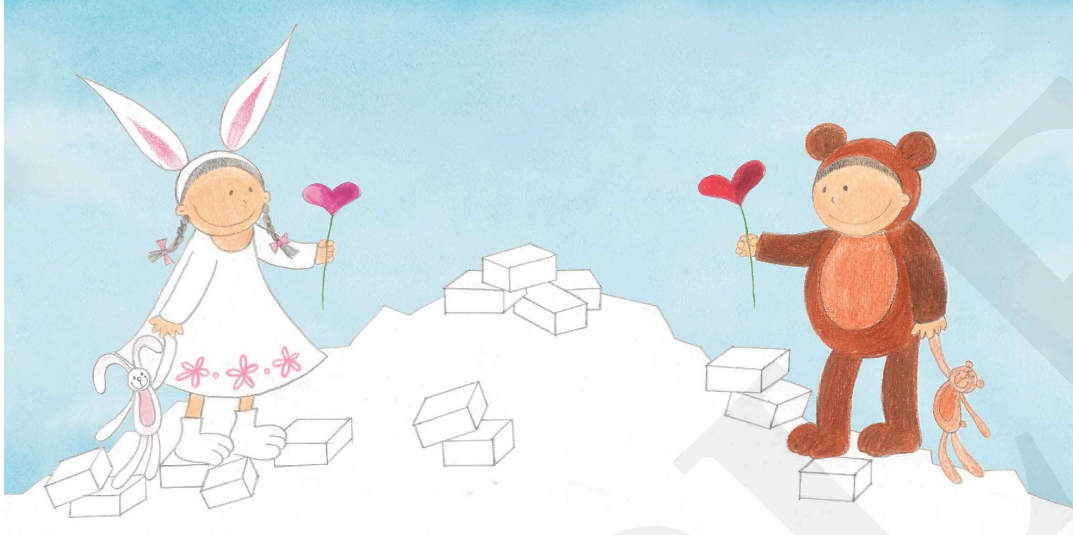
- ❖ In your life, who do you need to listen to more? Can this be hard? Why?
- ❖ Are there people in your life right now whom you are angry or bitter with? Perhaps you even blame them for causing you to struggle with certain issues in your life.

❖ **Key Discussion Question:** Why is it hard to forgive those who have wronged you and how do you think you can take steps to forgiving them?

❖ **Key Discussion Question:** In this current season of your life, who might you need to apologize to or forgive? Why is it so important to forgive them, even if they do not apologize?

Encourage participants to ponder over the healing power of forgiveness, and how it can be liberating and restorative.

Forgiveness does not mean forgetting, nor does it mean that others were not in the wrong. Forgiveness means that others’ actions no longer have power over us, and we are free to love again.



- ❖ Many of us wish to be in a romantic relationship that is healthy, at some point in our lives. How do you think working on your challenges now would benefit your future relationships?
- ❖ How does resolving conflict with your family or loved ones now benefit other relationships around you?
- ❖ Do you believe “there is always enough love to go around”? What does that mean to you?

Spark powerful conversations of hope, healing and growth.

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