Outline

What is Normal?

Have you have ever wondered if you are normal? Dr. Cloud takes a look at the definition of normal, and gives you an easy way to evaluate yourself. First of all, you need to recognize that we all have issues and imperfections; these are part of being human. We can be functional in some areas and dysfunctional in other areas; it's what we do with the gap between the two that is important. Join Dr. Cloud as he provides a new way to think about your imperfections; it will help you continue along your growth path to being a "normal" healthy person.

Small group discussion questions:

1) Do I think 'normal' is 'perfect'? How did I get this idea?

2) In what areas mentioned do I need to develop more of a normal life? (Connection, Work, Relationships, Freedom, Talents)

3) What would be a good plan for beginning to practice having a normal life?