

Date: \_\_\_\_\_

## Self-Reflection Activity: Indebtedness to Humans

*Transcendent indebtedness to humans* involves a willing acceptance of gifts from benevolent individuals, building a trusting, loving relationship with them. This condition motivates the expression of gratitude through relationship-building reciprocal care. It contrasts with *transactional indebtedness*, where one feels gifts from others are transactional and not relational. Accepting indebtedness towards benevolent others fosters trust and humility.

Think about your experiences **in the past 7 days**. Did you feel indebted to others for how they blessed you last week? On a **scale from 1-10** (1 = strongly disagree, 10 = strongly agree), rate how much you agree with each of the following statements to identify your current thoughts, feelings, and behaviors related to *human indebtedness*.

### Rating

- \_\_\_\_\_ 1. Last week, when I thought about what others had done for me, I wanted to give back.
- \_\_\_\_\_ 2. I wanted to pay it forward when someone did something nice for me last week.
- \_\_\_\_\_ 3. Last week, I thought about my indebtedness to many people for helping me get to where I am.

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### Digging Deeper

Based on your ratings above, how satisfied are you with the way you a) recognize the sacrifices of others on your behalf and b) respond to the generosity of others? Explain your reasoning.

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Do you tend to feel gladly indebted to those close to you, or does indebtedness feel like a burden? Why? Can you think of a way to reframe your indebtedness as something that fosters humility, builds trust, and promotes a desire to provide care in return?

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How can you act on your transcendent indebtedness to others in day-to-day life?

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Consider a past or current role model/mentor. What is admirable about the way they express indebtedness to others?

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What are one or two small steps you might take to more easily recognize and act in response to the generosity of others and your indebtedness?

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### The Extra Mile

If you feel up to the challenge, we invite you to tackle one of the following growth activities. These may take more time or push you out of your comfort zone, but meaningful engagement is a worthy investment. Good luck!

1. Think of someone loving to whom you are indebted, like a parent, mentor, or friend, and consider ways to act on that indebtedness. Write a letter, send an email, or make a phone call to express your gratitude for the ways they have sacrificed to serve you.
2. Sometimes we can repay others to whom we are indebted. Another way of responding to your indebtedness is by paying it forward. Think of a major blessing that someone has given you. What are some ways to pay that forward by blessing others? We challenge you to pay it forward at least once this week.