



WEEKLY QUESTIONS - RISING STRONG

Week 2: Ch. 4-6

The questions below are intended to make you think about the material you are reading and how it applies to your own life, as well as where you can make changes. You can answer these questions on your blog, in a journal, or in our [Facebook group](#) – or all of the above! If you are behind, don't worry. All the information will be there for you to come back to at your own pace. No stress. No judgment. No guilt!

QUESTIONS:

1. On p. 46, BB says that when we're uncomfortable, we disengage. What does disengagement look like to you? Do you run away (avoid), eat/shop/drink/watch TV (numb), attack?
2. BB talks about curiosity is linked to vulnerability, and if we've been shamed or put down for our curiosity in the past, it can affect our willingness to be vulnerable now. Do you consider yourself curious (or self-reflective)? Has your curiosity diminished because of past hurts?
3. On p. 59, BB discusses her “legacy” of discussing emotions, and says in her family, it was very rare for them to discuss or dive into emotions. What is your legacy of emotions?
4. On pp. 60-66, she discusses different ways of “offloading” pain. Do any of these sound familiar? Which are you most likely to adopt?
5. In Chapter 5, BB says that when she's in doubt, the “never enough” explanation is the first one she reaches for, closely followed by blame. Do you have a “favorite” story you go to when you are facing discomfort or uncertainty? (This one may take some reflection!)

***Chapter 6 might be my favorite so far! I love the idea of the scofflaw and the sewer rat, and can identify with so many things she lays out.

6. At the beginning of ch. 6, BB says that “who do you think you are” and “never good enough” are two of the most common shame triggers. Does either of these resonate with you? Who do they come from?

7. On p. 100 BB says she always wanted to be seen as easygoing, for fear she'd be judged high-maintenance. I can totally relate! What about you? Do you downplay your needs and wants so others won't be inconvenienced? Does this occur more in some circumstances or relationships than others?
8. Much of this chapter revolves around BB dissecting the idea that people are doing the best they can. What do you think? Are people for the most part doing the best they can with the tools they have? Do you think YOU are?
9. Where do you feel you are not valued? Is it possible that you may not be holding difficult boundaries, and as a result you are resentful?
10. Try the experiment BB mentions on page 100. Write down the name of someone who is causing you frustration, disappointment, and/or anger. Now entertain the idea that this person is doing the best they can with the tools they have. How does that change your perception? How would it change your behavior?
11. From this section of the book, what is your biggest takeaway? How will you apply it to your life?

Summary:

- “Rumbling” with the tough stuff means not running away, numbing, or attacking – but instead sitting with the discomfort and having the curiosity to dig deeper. THIS IS NOT ALWAYS EASY!
- Boundaries are the key to staying compassionate without resentment.
- The more we respect ourselves, the more we'll feel respected.

***“...People learn how to treat us
based on how they see us treating ourselves.”***