



WEEKLY QUESTIONS - RISING STRONG

Week 4: Ch. 10-11

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:

***Another loaded couple of chapters! As before, I'm hitting some of the highlights here, but please feel free to bring up other elements in the Facebook group or in our call at the end of the month.

1. At the opening of Ch. 10, BB relates a story of when she was caught off-guard by a nasty email from someone she'd met at a conference. She responded as many of us might – emotionally, with a lot of anger. Before sending the email, she discusses it with her therapist and decided against sending it. What do you think would have happened if she HAD sent the email? What would you have done? Have you had a similar experience (I certainly have!)? How did it play out?
2. In the section of Ch. 10 called “The Rumble,” BB talks about how we've abandoned parts of ourselves over time. What have you abandoned – neediness? Strength? Curiosity? Something else? What are you now willing to reclaim?
3. Do you or your family as a whole have a tendency to romanticize the past? Do you see any downsides of doing so?
4. I love the concept of “cheap seat criticism.” Have you been a victim of this type of criticism? How did you respond?
5. BB challenges the reader to write down, on a 1x1” piece of paper, the names of people who really matter. Who is on your sheet?
6. Could you see yourself using some of the lessons and processes you've learned in this book in your home, work, or other groups you're part of? How?

7. One thing I think that's left out of this book is the idea that not everyone is going to be willing to “rumble” with you. You have to find people who are open to the process – and it's okay if they aren't. We all come from different backgrounds and are going to have different comfort levels. Not really a question here, just a comment that we're not all going to be ready, willing, or able to “rumble” in every situation. I also feel there's value in sometimes letting things go and not analyzing every emotional hangnail. What about you? What do you think? (Ah, a question after all!)
8. From this section of the book, what is your biggest takeaway? How will you apply it to your life?

Summary:

- If you take only one thing from the book, it might be this that BB puts forth in Ch. 11 (p. 255 in the written edition): “When emotion washes over us and the first thing we think is, *Why am I so pissed? What's going on with me? Or My gut says something up...* that's when the uprising has officially started.” If we can sit with that feeling and dive INTO it instead of running away, we've moved forward in our commitment to understanding what we're all about and in healing the broken places. If you don't know where else to start, start there by getting curious about your responses.
- Diving into our hurt and shameful feelings allows us to heal parts of ourselves and, hopefully, reclaim rather than continue to hide or ignore them.

“We can't be 'all in' if only parts of us show up.”