



WEEKLY QUESTIONS - RISING STRONG

Week 1: Intro + Ch. 1-3

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. In the introduction, the author says that “wholehearted living” can be defined as feeling worthy. “No matter what gets done and how much is left undone, I am enough.... Yes, I am imperfect and vulnerable and sometimes afraid, but that doesn't change the truth that I am brave and worthy of love and belonging.” (p. xix).

How often do you feel this way? Is that feeling something you would find valuable? Possible?

2. BB talks a lot about “the arena,” the area in which we're exposing our vulnerabilities. When is the last time you “fell facedown?”
3. In Chapter 1, BB lays out some “rules of engagement” for rising strong. The one that particularly struck me was #7, about “comparative suffering.”
 - a. Which rule struck you or stuck with you?
 - b. Have you ever been guilty of rationing your love, compassion, prayers because you weren't sure the recipient was “worthy” enough?
4. I also love the idea of “rising strong as a spiritual practice” (p. 10). What do you now do that could become part of your spiritual practice as explained on p. 11?
5. In Chapter 2, BB tells a story of swimming across a lake with her husband. I'll admit, I got more than a bit lost when trying to tease out the meaning of the story in the larger context of her work. I feel like I'm missing some key bits. But nonetheless, I loved the way she is looking at the concepts of daring and rising strong in context of story – one of my favorite topics! What hit me most was the labyrinth we can get lost in, in “Act II,”

when we've tried "every comfortable way to solve the problem before we finally gave in to our truths."

What hit me was the idea we must move OUTSIDE our comfort zone to find new discoveries, new connections, new parts of ourselves.

What struck you about her story of conflict with her husband?

6. In Chapter 3, BB says the goal of the rising strong process is "to rise from our falls, overcome our mistakes, and face hurt in a way that brings more wisdom and wholeheartedness." She also stresses the idea of integration of our WHOLE self. Have you ever felt the need to hide parts of yourself or edit your story to be more acceptable to others? What environments does this editing seem to be most prevalent? Does it occur with certain people?
7. From this section of the book, what is your biggest takeaway? How will you apply it to your life?

Summary:

- "Wholeheartedness" is about vulnerability and risk – the willingness to put ourselves out there when the outcome is uncertain.
- "Rising strong" is about examining our falls, overcoming the desire to run away from others and ourselves, and learning from the mistakes.
- The ultimate goal is to KNOW OURSELVES BETTER and move towards INTEGRATION of our whole self.

***"We can choose courage or we can choose comfort,
but we can't have both."***