



WEEKLY QUESTIONS - RISING STRONG

Week 3: Ch. 7-9

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:

***Tons of stuff in these three chapters! 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. 7, BB relates the story of Claudia who heads home to an alcoholic sister over Thanksgiving. It isn't until after she leaves town that another experience triggers her emotions. She knows that her response to two men fighting on the train is related to her weekend with her family. Have you ever had the experience where a completely separate occurrence triggers an emotional reaction? (For me, sometimes movies and books can pull me back to a painful time.)
2. I like how BB broke down the path of expectations → disappointment → resentment. Are there areas of your life where you feel constantly disappointed? (Friendships, family events, work, kids...) Can you trace these disappointments back to unfulfilled expectations?
3. Think of someone in your life you've had difficulty forgiving. What do you need to let go of, or let die, in order to forgive?
4. On page 175, BB says her MeMa "wasn't afraid of people in need because she wasn't afraid of needing others." Do you allow yourself to need others? Do you see a connection between needing others and being comfortable with need?
5. "Privilege" has become a political term these days, so I prefer to use "gifted" or "blessed." We are all blessed in some way – with talents, relationships, material goods, health... in what ways are you blessed?
6. Do you feel shame when you ask for help? What reinforcement have you received to

affirm the idea that needing help is shameful?

7. I loved Andy's story at the beginning of Ch. 9. I could relate with how he went with the crowd against his better judgment. Have you ever squashed your gut instincts? How did the situation turn out?
8. On p. 197 BB discusses the difference between accountability and blame, which I think is an important one. How do you describe the two? Can you give an example of each? (Real or made up).
9. When is the last time you felt like you failed, or felt like a failure? Do you agree that it was a "loss of personal power?"
10. Regrets – what a powerful topic! What are some things you regret? Do they fit BB's statement that what we regret most is a failure of courage?
11. From this section of the book, what is your biggest takeaway? How will you apply it to your life?

Summary:

- We need to trust ourselves to be curious enough to roll up our sleeves and "rumble" with our emotions. But it's through that process that we come to clarity or greater understanding.
- Unfulfilled expectations lead to disappointment and resentment.
- Shame cannot exist in the light. Sharing our shame moments helps us dispel the emotions and heal.

"Connection doesn't exist without giving and receiving."