



SPEAKING
TO
WHAT
MATTERS

Book Discussion

Hi! This is Katherine, and I wrote this book to open up some important questions for me and you both.

Here are a few questions to inspire reflection and discussion after you've read *Speaking to What Matters*.



CHOOSE A FEW OR ALL!

1

When I reflected on big themes in my life, I noticed one of my central struggles is that I tried to keep everything inside and hide what I was feeling from others. I couldn't bear to be honest with myself about what I was feeling, so I tucked it away, or at least tried to!

This kept me disconnected from the very people I wished to connect more deeply with. What stops you from being honest with yourself? With others? What is one thing you wish you could be more honest about?

2

Accountability is another key concept for me. Why do we let some people off the hook? Why do we sometimes let ourselves off the hook?

3

False narratives are powerful. Part of my growth is becoming aware of the story I was telling myself. Once I was able to see more about the ways shame was running the show - how our brains are constantly making judgments and telling us stories about ourselves and others - I was able to start making changes.

What is the story you tell yourself about yourself? What are your negative thoughts? Yes, literally, I am asking you to name the hurtful thoughts that often hijack your brain.

4

We know that not everything we think is true. What we think about ourselves, or about an event, may not match what someone else thinks about us, or the same event we just experienced together. What makes something "true"? What does it mean to "share my truth"? If your sibling remembers something from your past in a different way, whose story is "true"?

5

My Dad told me once about an insight he learned about two types of fears. Fear of failure and fear of rejection. (Am I good enough? Am I love-able?)

If so, which fear is stronger in you? How do you see this show up in your relationships? In your life?

6

At the beginning of each Chapter, I quote my father. Which quotes resonated? Which ones triggered a memory or maxim from your own upbringing?

7

My inner critic was at times very loud. My beliefs about myself, along with my struggle to share my emotions, led me down a path of self destructive behavior. What struck a chord for you?

When you are struggling with something, what do you notice about how thoughts and feelings impact your beliefs and ultimately your behavior? What do you notice about your own self sabotage?

8

I organized the book with a beginning, middle and end: Challenge, Choice, Change. Every (good) story is a story of transformation and takes us from one place to another. Many of us find our purpose in life (or our super power) from a central or specific struggle. What has been your biggest Challenge?

9

There are 2 distinct phases of "telling your story" - 1) figuring out the story and writing it out for yourself and 2) sharing with others. Very different, both powerful, both bringing up different emotions, fears, difficult conversations.

Do you agree with this? How does this story inspire you to tell your story? Who can you share your story with? In what ways will you share more of your story with others? What can writing and sharing your story inspire you to do?

10

What do you see about my journey of becoming more of my authentic self that helps you see more clearly about your own journey? What are you going to do differently after reading this story?