

THRIVE

SURVIVE

*Book Club*

# RISING STRONG BY BRENE BROWN



## BOOK GUIDE BY NIKKI HARRIS

Week 1: Pg 1 - 69

Pg 4: "A lot of cheap seats in the arena are filled with people who never venture onto the floor."

1. What does she mean by this statement?
2. Have you found yourself caring about what people think, when you don't even have respect for them?
3. Why do we give others so much control over our actions/feelings?

Pg 10: Brene talks about how our experiences can profoundly affect those around us.

- a. Can you think of a time where you had influence over someone and you didn't even realize it until they said something?

Pg 34: Brene talks about her personal feelings or reactions when she knows she is struggling with shame over something.

1. How do you handle shame? Do you know your telltale signs?

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Pg 43: She ends the chapter talking about how we often try to hide our missteps or difficult stories as a way to appear stronger. However, it actually makes us stronger to integrate all of our experiences.

- a. You may not choose to answer this in front of the group, but I want you to think about something you've tried to hide about yourself before in order to appear more whole/normal. Have you let that piece of you come to light? How did it go? What's holding you back?

1. Pg 59: She talks about how hurt doesn't go away simply by not acknowledging it. Leaving hurt unchecked and ignored will just fester and sabotage our relationships and careers.

- a. Hence the massive blow up we randomly have about the smallest things; aka the straw that broke the camel's back. Can you think of a time you could have handled a situation completely differently from the get go and the outcome could have been completely different?

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Week 2: Pg 70-138

Pg 70/71: Tactical/Box breathing. What are the 4 steps?

- a. Define Mindfulness on page 71:
- b. Why is this important?

Pg 83: What are creativity scars? Can you recall one you had growing up? How does this make you think differently around those you influence and/or your children?

Pg 85-87: What is an SFD?

- a. Research shows that writing about emotions for 15-20 minutes a day for four days straight can decrease anxiety, depression and even boost immune systems. Have you ever tried journaling or writing each day?

Pg 114: Brene talks about being frustrated with people who don't seem to be holding high enough standards for themselves. After interviewing multiple people with the question, she discovered that life is better when we assume that people really are doing the best they can given the circumstances.

1. What are your thoughts/feelings on this?

Pg 129: "I now realize that people learn how to treat us based on how they see us treating ourselves. If I don't put value on my work or my time, neither will the other person I am helping. Boundaries are a function of self-respect and self-love."

1. Think of a time where you treated YOU better and others seemed to magically fall into place. Why haven't you applied this to each part of your life?

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Week 3: Pg 139-207

1. Pg 142: Nelson Mandela: "Resentment is like drinking poison and then hoping it will kill your enemies."

a. I believe the accuracy of this statement is incredible. Have you ever noticed how much energy is wasted on resentment? Are you willing to let some things go in order to preserve energy for things that matter more?

Pg 161: She talks about the strong feeling of belonging to something that you love and believe in.

a. Is there something you are a part of that makes you feel this way? If so, what is it and why?

Pg 182: "We can encourage our children to ask for help; however, if they don't see us reaching out for support and modeling that behavior, they will instead attach value to never needing help."

a. Thoughts on this statement?

Pg 195: She talks about rumbling with shame and perfectionism. What are the two strategies we can use to move past the isolated feelings we get from shame?

1. Pg 200: Self-trust is often a casualty of failure.

a. How can we assess our own self trust?

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Week 4: Pg 208-277

Pg. 239: Brene talks about the opposing roles of men and women and how things are perceived one way or another and it forces us to act a different way.

- a. Have you ever felt forced to pretend you felt one way in order to hold up what you thought you were supposed to act like? What about your significant other?

Pg. 245: "We're more difficult to hit when we're small, but we're also less likely to make a contribution."

- a. Making smaller plays in life is the safe way to keep from getting hurt. It also inevitably silences your voice. Think of a time(s) where you wish you would have taken the leap, played the big hand or spoken up about something and didn't. Do you regret it?

Pg. 277: Wholehearted parenting: Daring to be the adults we want our children to be.

- a. Thoughts on this final section?