

The Life Changing Art Of Self Brain Surgery

Cut along the dashed lines and pass the cards around the table.

WARM-UP

1

Where were you, and what were you sipping, when you read the part of this book that felt most like it was written just for you?

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WARM-UP

2

Before you opened this book, what did the phrase 'self brain surgery' make you picture? Did the idea feel scary, silly, or hopeful?

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DISCUSSION

3

Warren writes about how our thoughts can wear grooves into our minds. Is there a kind, comforting thought you wish were more of a well-worn path for you?

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DISCUSSION

4

Hearing a brain surgeon talk openly about his own pain can be surprising. How did it feel to see someone we think of as strong and expert be so honest about struggling?

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DISCUSSION

5

When a hard thought shows up, what small rituals, people, or places help you feel safe enough to face it?

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DISCUSSION

6

The book brings faith and science together. Did that mix feel reassuring to you, or did it stir up questions you'd like to talk through tonight?

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DEEP

7

Think of a season when you felt stuck in your own head. Having read this book, what would you gently say to that earlier version of yourself?

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DEEP

8

By the last pages, did you feel a flicker of hope about changing something in yourself? What would a first, tiny, doable step look like this week?

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