

Maybe You Should Talk to Someone

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

WARM-UP

1

What was the cozy little ritual you fell into while reading this (a favorite chair, a mug, a time of day)?

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WARM-UP

2

Was there a passage that made you laugh out loud or smile in recognition? Share the moment if you can.

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DISCUSSION

3

Lori writes that we often confuse comfort with happiness. What's something that comforts you, and how did the book make you think about it?

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DISCUSSION

4

Which of the patient stories stayed with you most warmly, and what about that person felt familiar or tender to you?

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DISCUSSION

5

The book treats grief, love, and ordinary worry with the same care. Did reading it shift how you sit with your own small daily feelings?

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DISCUSSION

6

Wendell becomes a quiet presence in Lori's life. Who has been a 'Wendell' for you, someone who listened without trying to fix?

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DEEP

7

The idea of our 'prison of our own making' comes up gently throughout. Without giving anything away, was there a moment in the book that made you want to be a little kinder to yourself?

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DEEP

8

By the time you closed the book, what did it leave you wanting more of in your own life: rest, honesty, connection, something else?

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