

Raising Resilient Kids Questions for Discussion Groups

1. What made you decide to read this book?
2. What do you think of the book's title? How does it relate to the book's contents? What other title might you give to the book?
3. In what ways did the book change your approach to the ways you support your family?
4. What feelings did this book evoke in you?
5. What are some of the stressors facing families today? Which of these stressors do you think are the most common or the most challenging and why?
6. In what way does stress affect the body? Are there any particular stressors that are especially worrisome to you?
7. Which of the resiliency principles resonate most with you and why? What other creative strategies have you considered for practicing any of the principles?
8. Which of the principles do you think might be the most difficult to practice consistently? Why? Do you have any special strategies for overcoming these challenges?
9. What do you think is meant by the idea that, when it comes to following the Resiliency Program, the ease is in the overlap and the power is in the synergy (see page 62)?
10. Have you been able to apply any of the principles in an overlapping manner? Which ones and how?
11. How might you encourage extended family or friends to put these principles into practice?
12. If you had the chance to ask the author one question, what would it be?