

Book Club Questions for: Maybe You Should Talk To Someone by Lori Gottlieb.

Questions for pages 1-49:

- What do you think of the book so far?
- Who's your favorite character so far?
 - Lori, therapist
 - Wendell, therapist
 - Boyfriend
 - Allison, Lori's oldest friend
 - Jen, Lori's therapist friend
 - Julie, patient w/cancer (Matt, Julie's husband)
 - John, patient (Margo, John's wife)
- What do you think the underlying issue is for Lori?
- What do you think John's underlying issue is?
- What do you think of Boyfriend, is he getting a fair portrayal?
- Can you relate to her breakup pain?
- Are therapists supposed to have their shit together?
- Pg. 27 "It would take years for me to realize that I'd solved the wrong problem" Regarding her job profession, what do you think she means?

PART 1 (page 50-118) & PART 2 (pages 119-216)

- Do you have a favorite chapter so far?
- Any of the new patients you relate to:
 - Becca
 - Holly
 - Keisha
 - Charlotte
 - Rita
- Let's talk office decor - is it important? Do you have any funny therapist/office office decor stories?
- Do you think John will come back to therapy?
- Biggest take away for managing your well being?
- Emotional jail cell - can you relate to this?
- How we present ourselves - it's not always the whole picture, is that okay?
- What do you think about her "nontraditional" career moves?
- Have you read Mary Oliver's poem Summer day?
- What do you think of her baby making process?
- If you were going to write a book, what would it be about?

PART 3 & PART 4 (pages 217 - 412)

- Lori's illness - did you see that coming?

- She kept that story from us so long? Why do you think she did that?
- Whose story did you enjoy/connect with the most?
 - Lori
 - Julie
 - John
 - Rita
 - Charlotte
- If you had to pick a therapist, would you pick Lori or Wendell?
- Is there a specific scene you have played out in your mind/like to see on the TV show?
 - Julie's funeral party
 - Lori dancing with Wendell
 - John laughing on the floor with his family
 - John's Skype therapy session while on set
- What do you learn from this book that you can apply to your relationship with yourself?
- What are your thoughts on how Julie is preparing her end?
 - Planning her own funeral party
 - Finding Matt a new wife
 - Writing a book "what not to say"
 - Writing her obituary
 - Working at Trader Joe's
- Are there any of the tools we've read about that you can apply in your own life?
 - 4 Ultimate concerns Death, Isolation, Loss of freedom, and Meaningless. (Yalom)
 - Model of change (Prochaska)
 - Writing a letter
 - Editing/narrating your own story
 - Using drama to avoid internal crisis
 - 8 Psycho-social development (Erikson)
 - Self sentencing to life in prison / forgiveness
- How would you describe the book to someone?
- Do you remember to slow down and do the work, take the time? Life is not always a quick pill fix (The chapter "The Speed of Want")
- Have your views on therapy changed? Knowing they have discussion groups, they're not perfect themselves etc.?