

E016 When You Stop Pretending You're Fine — Discussion Questions

E016 Discussion Questions

Episode: E016 — When You Stop Pretending You're Fine

For: Tea Sippers community, group study, workshop use

Opening

1. How are you... really? Not the answer for the cashier. The real one.
2. How long have you been saying "I'm fine" when you're not?

Core Discussion

3. Karen distinguishes between people who want to help and people who want gossip disguised as compassion. How do you tell the difference?
4. "Pain deserves to be acknowledged. It does not deserve to become your permanent address." What does visiting pain without living there look like?
5. "If we recover loudly, we keep other people from dying quietly." What does recovering loudly mean to you? What makes it brave rather than oversharing?
6. Karen built tools for others and only later used them herself. What wisdom do you give others that you withhold from yourself?

Deeper Reflection

7. Is there a "Doomville" you've been living in? What would it look like to acknowledge the pain without building a permanent house there?
8. Who has earned the right to hear "I'm not okay today"? What stops you?

Closing

9. What is one real answer you could give this week instead of "I'm fine"?
10. As Season One closes, what will you carry forward from these sixteen cups of tea?

Airtable Table: Assets

Asset Type: Discussion Questions

Linked Episode: E016

Status: Complete

