

E006 Worry Just in Time — Discussion Questions

E006 Discussion Questions

Episode: Worry... Just in Time

For: Tea Sippers community, book clubs, group listening sessions

Questions

1. What worry are you carrying right now that doesn't actually belong to today? What would it feel like to set it down until it's actually needed?
2. Are you more like the first neighbor (refreshing the forecast, living in the imagined storm) or the second (preparing and returning to today)? What makes you that way?
3. Karen distinguishes preparation from worry: preparation finishes, worry loops. Where in your life are you looping instead of finishing?
4. "Is there something I can actually do about this today?" Try asking that about your biggest worry right now. What's the honest answer?
5. Old Man Winter said worry has a place. Not no place. A place. How does that change your relationship with worry compared to just trying to eliminate it?
6. "Perhaps the exhaustion isn't because life is too heavy. Perhaps it's because we've been carrying days that haven't arrived." Does that describe your current exhaustion? What days are you carrying that aren't here yet?
7. What would your day look like tomorrow if you only carried today's worries today?

Airtable Table: Assets

Asset Type: Discussion Questions

Linked Episode: E006

Status: Complete