

E011 The Weight We Choose to Carry — Discussion Questions

E011 Discussion Questions

Episode: E011 — The Weight We Choose to Carry

For: Tea Sippers community, group study, workshop use

Opening Questions

1. What's the difference between guilt that teaches and guilt that punishes? Have you experienced both?
2. How do you know when you've "paid enough" for a mistake?

Core Discussion

3. Karen says "Guilt is a visitor, not a roommate." What guilt have you accidentally given a key to your house?
4. "There's a difference between leaving someone and laying something down." How do you understand that distinction?
5. Karen's marriage transformed rather than ended in failure. How does that reframe change how you think about relationships that change shape?
6. "You are not the worst thing you've ever done." Do you believe that for yourself, or only for others?

Deeper Reflection

7. Karen says she "renewed the sentence every morning" for twenty years. What sentence are you renewing that no one else is asking you to serve?
8. What would it take for you to write yourself a "Paid in Full" receipt?

Closing

9. What weight could you set down this week? Not throw away, just set on the ground.
10. How can this group hold space for honesty about the things we carry?

Airtable Table: Assets

Asset Type: Discussion Questions

Linked Episode: E011

Status: Complete

