

Guided Questions for Guidance Counselors and Social Workers

1. How did the book make you feel?
2. Were there any specific parts of the book that triggered strong emotions or memories?
3. How do you think the characters in the book felt when facing difficult situations?
4. How did the characters in the book demonstrate resilience in the face of their challenges?
5. What can we learn from the characters in the book based on how they faced their challenges?
6. How did the book make you think or feel about your own personal boundaries and safety?
7. How can you establish and communicate those boundaries effectively?
8. Who are the supportive individuals or organizations in your life that you could reach out to in times of need?
9. Reading about sensitive topics can be emotionally challenging. How can you ensure your emotional well-being while learning about difficult subjects?
10. Are there any specific resources or professionals you'd like to connect with for further guidance or support?