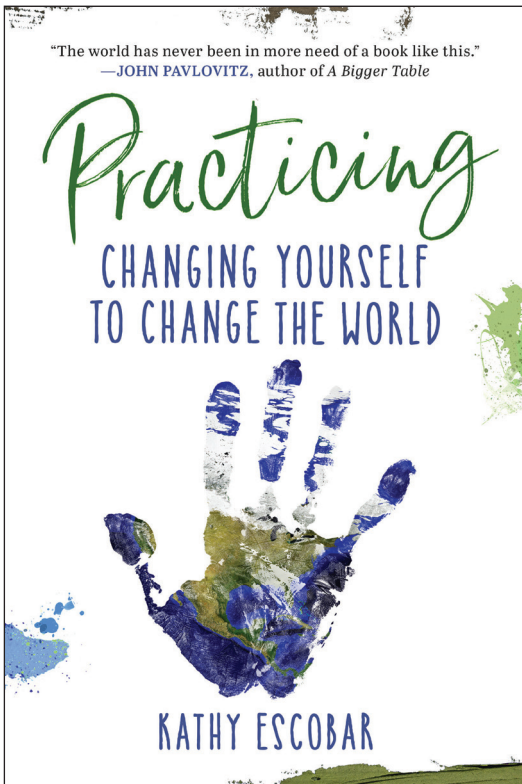


Book Club Questions for Kathy Escobar's *Practicing*



Reflect on this statement: “One of the reasons the world is so screwed up right now is that we are, indeed, loving our neighbors as ourselves. The problem is that a lot of us actually hate ourselves.” What resonates?

What are ways you are trying to cultivate the practice of listening in some of your current relationships?

Why do you think it's easier to love others than yourself?

What group(s) or types of people are hardest for you to include? Who are the *thems* in your life?

Reflect on your own privilege. What do you carry without even thinking about that you need to acknowledge more honestly?

Who in your life has been an advocate for you? How did it make a difference in your story?

What are some losses you are grieving? How do you relate to minimizing them or being mad at yourself for not being better yet? How can you be more gentle with yourself?

If you feel safe enough, share with the group a failure that is hard for you to talk about. What makes it difficult to share freely? How do you feel, saying it out loud? Share these reflections with the group.

What are some things you love to do that are restful to your soul? How are you nurturing more of these things in your life? How can group members help one another to incorporate more rest into your lives?

Take turns sharing some good things—big or small—that are happening in your life right now: I'm celebrating. . . . Share these out loud together.

What's next for you? Is there something *Practicing* stirred up in you that you want to keep cultivating in your life in a more intentional way?

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