

Discussion Questions

1. The author uses the analogy of stripping to demonstrate the difficulty Good Girls have in baring their emotions, fears and desires. Do you think this is an accurate metaphor? Do you think you cover up your emotions, fears and desires around most people? What would be the advantage of being more emotionally naked around others? The disadvantage?

2. Some of the key themes in the book are around sexuality. Do you think there is a correlation between how open we are sexually with our partners and how open we are with them emotionally? Can you have a great sex life with your partner and still remain emotionally hidden from him and from yourself?

3. The author states in Chapter 9 that we should call our sexual body parts by their proper names and take ownership of them, yet she goes on to use slang terms in many other parts of the book. When is it okay to be coy or blunt about your body parts and when should you be specific? Does it really matter?



4. In Chapter 10 the author writes of her experience with a dramatic fall and how it shook her confidence physically and emotionally for a year afterward. Can you recall a time in your life when an emotional event caused physical pain or a physical injury developed into an emotional pain?

5. What did you learn about expressing yourself in this book? Did any of it surprise you? What has been your experience with conquering fear and learning to speak up?

6. The author relates a study of young women who on average had 13 negative self-image thoughts in a 24-hour period. Do you fall below or above this norm? Are your feelings about your body accurate, or do they stem from something else?

7. The exercises at the end of each chapter require a journal or an activity. Did you follow through on these exercises? If so, did you make any discoveries about yourself? Can you share?

8. The author writes about finding the right audience, suggesting that we only have to find one willing to listen to us, not necessarily to agree with us. She states the response

says more about the listener than it does about us. Do you agree with her? If not, why? If so, does this change the way you communicate going forward?

9. Do you have a friend who is more open about her feelings, fears, and failures in general? Do you think she is more or less confident than you? If less confident, is this because she is open about her fears and failures? If more, is it because she feels secure enough to be open about her fears and failures? Or is it something else?

10. Did this book shed any light on the issues you have around fully expressing yourself to the people in your life? What was your biggest takeaway?

11. Did you relate to any of the Voices of Fear in particular? Why?

Strip Off Your Fear: Slip Into Something More Confident by Betsy Talbot – now available now on Amazon.com.

