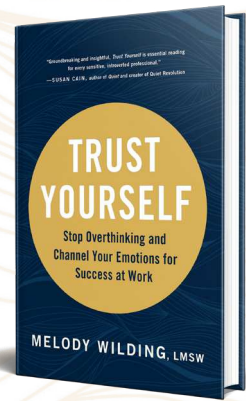


Book Club Discussion Guide:

TRUST YOURSELF

By Melody Wilding, LMSW



INTRODUCTION

1. What were your initial thoughts when you began this book? Did you see yourself in Melody's story?
2. What does the title *Trust Yourself* mean to you? What are you hoping to get out of this book?
3. What led you to picking up this book?

CHAPTER 1: Are You a Sensitive Striver?

1. Define what being a "Sensitive Striver" means to you?
2. Which of the STRIVE qualities do you see yourself as most balanced in? Least?
3. How does Melody's statement "I overeverything" resonate with you?
4. Discuss the "stigma of sensitivity" and how this has affected your work habits. How does gender play a role in this stigma?

CHAPTER 2: Overcome the Honor Roll Hangover

1. Discuss the "Honor Roll Hangover" and its three elements. Which do you see yourself in?
2. Melody talks about Anne's need to "win" at her job and how this caused burnout; how can you succeed in your work environment without trying to "win"?
3. "Social media keeps us connected and comparing ourselves to our friends." Do you agree with this? How can we keep from falling down this rabbit hole of comparing ourselves?
4. Discuss some goals you are giving up and how you have reframed them?

CHAPTER 3: Give Yourself Permission

1. "For Sensitive Strivers, seeking approval can escalate from a desire to a dependency." Explain what this statement means to you.
2. What are some things you have been able to give yourself permission to do, feel, etc. since starting this book?
3. Discuss some of the "sneaky ways" permission-seeking steals your power.
4. Tell the group about a time where you started a task or goal before you felt you were ready. How did this turn out for you? If you not yet had a chance to try this exercise, what would it look like to you?

CHAPTER 4: Channel Emotions Into an Advantage

1. How does heightened Emotionality show up for you at work? Share an example with the group.
2. Discuss what “What you resist persists” means to you.
3. What type of “grounding” exercises have worked for you, if any?
4. Discuss the areas of self-care. Which do you need to prioritize more and how can you achieve that?

CHAPTER 5: End Overthinking

1. Discuss the many faces of overthinking. What form of overthinking do you fall into the most?
2. How many times have you laughed off praise? Discuss why it is difficult for you to accept this praise.
3. Which techniques from the chapter to combat overthinking did you find most useful? Discuss which you will use and how.

CHAPTER 6: Trust Your Gut

1. How would you describe your relationship with your “gut feeling”?
2. What are some physical side effects you feel when you do not trust your gut? What are some effects you feel when you do?
3. Choosing intuition over fear is not easy. Discuss some ways you have found to make this process easier. If you still struggle, then discuss why.

CHAPTER 7: Build Boundaries Like a Boss

1. Gretchen Rubin from *The Happiness Project* made her first boundary “Be Gretchen.” What does it look like to “be” you?
2. Discuss the Four Feelings Test. Which of the Four Feelings shows up most often for you, and how?
3. What is an example of a boundary you will set after reading this chapter?

CHAPTER 8: Show Up as Your Full Self

1. What does “Be at home with who you are” mean to you? How can you embody yourself in your workplace and with your team?
2. Share one core value with the group and why it’s important to you. If you are having trouble naming one core value, talk to the group about why and allow them to help you narrow down your values.
3. How can you rely on your core values the next time you find your STRIVE qualities out of balance?

CHAPTER 9: Aim Your Ambition

1. What does it mean to you to “aim your ambition?”
2. Moving the goalpost is something Sensitive Strivers do more than not; how can you control moving a goal before meeting it? Share this insight with your group.
3. Outline your Commit, Challenge, and Crush It Goals.
4. How can you celebrate your accomplishments more frequently? What techniques from the chapter will you try?

CHAPTER 10: Find the Right Fit

1. What are your ideal work conditions that you thrive in? How can you make these conditions a reality?
2. Discuss what bringing “intentionality and agency” to work means to you.
3. Look at the Sensitive Striver’s Hierarchy of Professional Needs and how this applies to your work lifestyle. What is your personal hierarchy missing?

CHAPTER 11: Take Smart Risks

1. What is a “smart risk” you have chosen to take at your workplace? If you have yet to try this activity, what is one risk you could take?
2. Think of a “hard thing” for you to do. What is the very worst that can happen? Be realistic about this worst-case scenario.
3. Has anyone tried “The Power of Yet,” the Coffee Challenge or the 10/10 Rule? If yes, share with the group of what you have learned from these.

CHAPTER 12: Speak Up and Stand Your Ground

1. What does being “assertive” mean to you? What are small (or big) steps you have taken to assert yourself and your confidence in the workplace?
2. Discuss the Communication Trifecta. Which areas are you strongest in? What needs improvement?
3. How have you had to “Confront with Confidence”? Have there been certain obstacles keeping you from this? Discuss with the group.

CHAPTER 13: Bounce Back from Setbacks

1. Setbacks are frustrating and disheartening to say the least; how can you take setbacks as stumbles rather than falls?
2. Look at the Stages of Change curve on pg. 229 and discuss your emotions and thoughts tied to this graph.
3. What does Recalibrate, Rest, and Reflect look like to you?

WHAT’S NEXT?

1. Melody’s wish for you at the end of this book was to stop doubting yourself, feel in control of your life, and reclaim what success means to you. This is easier said than done and will take time; how has this book aligned with Melody’s wishes for you?
2. What are areas of your Sensitive Striver self that you wish to continue to focus on?
3. Celebrate your work! Go around the group and share your top wins from reading the book. Give your group a round of applause for not only completing this book but having the courage and confidence to reshape your life.



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