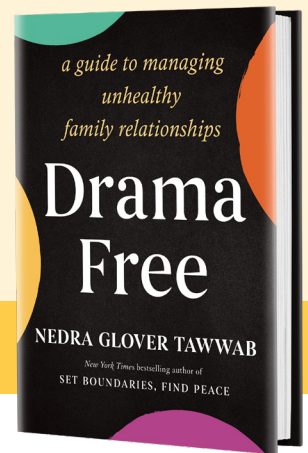


# Drama Free Book Club

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Book clubs are essential for creating safe spaces for avid readers to discuss and explore their emotional needs. The book club guide is a resource to give you clear advice and tips on how to identify dysfunctional family patterns and how to choose the best path to breaking the cycle and moving forward.

This compassionate guide will cover topics ranging from unlearning dysfunction and healing from the trauma of emotional neglect to the legacy of addicted or absent parents to mental health struggles in siblings, other relatives, and more. May this guide help you to truly become *Drama Free*.

## Part One: Unlearning Dysfunction

### Chapter 1

**Childhood trauma impacts our ability to process our emotions, and it increases the likelihood of suppressing emotions or using other maladaptive emotional-regulation strategies.**

Name a few dysfunctional behaviors in your family that you didn't notice as a child.

Now that you recognize them, what steps can you take to change them?

### Chapter 2

**When boundaries are created in dysfunctional families, four objections often happen.**

List the four objections and how you can overcome those objections.

### Chapter 3

Define "addiction." How has substance misuse impacted your family?

## Chapter 4

**Family patterns of unhealthy behaviors can continue for years due to a fear of isolation, contentment with the current conditions, or a not having the tools necessary for change.**

What are some patterns in your family you have been unwilling or unable to change?

## Chapter 5

**Difficulty expressing emotions is often a common pattern of generational dysfunction.**

Do you have difficulty expressing your emotions? Why or why not?

# Part Two: Healing

## Chapter 6

Using the Stages of Change model (page 78), discuss in your group what change you're ready to implement and the steps you will take.

## Chapter 7

Define "cyclebreaker." In what ways have you been a cyclebreaker in your family?

## Chapter 8

**Acceptance can give you peace.** Think about a few people in your life who refuse to change and with whom you want to maintain a relationship. What changes can you make to accept them?

(See page 112.)

## Chapter 9

**Conversely, you don't have to stay in an unhealthy relationship because of shared history.**

Do you feel guilty for deciding to separate from an unhealthy relationship, whether it be family, friends, etc.?

## Chapter 10

What are a few things you can do to take better care of yourself?

## Part Three: Growing

### Chapter 11

**While there are no valid excuses for your mistreatment,** what events in your parents' lives may have shaped or contributed to their relationship with you?

### Chapter 12

What are the six ways to protect your peace in your sibling relationships?  
Which ones are easy for you? Which ones are harder?

### Chapter 13

Was sharing emotions healthily expressed in your family? If so, share a few examples; if not, list a few ways you can start showing your emotions in a healthy way.

### Chapter 14

**Many families have at least one rude, dismissive, or mean family member.**

What are a few ways you can powerfully speak up for yourself and others when that family member makes a hurtful comment or asks an offensive question?

### Chapter 15

**Gossiping can be hurtful to others.** Practice how to decline a negative conversation. For example, "I don't feel comfortable talking about \_\_\_\_\_."

### Chapter 16

What small steps can you take in building a relationship with stepchildren?

### Chapter 17

**Shame tries to keep us silent.** What are you ready to finally speak about?