



BKCLB

APRIL 2023

DISCUSSION QUESTIONS



KILLING COMPARISON
BY NONA JONES



DISCUSSION QUESTIONS

WEEK 1

1

Can you identify the areas that trigger your deepest insecurities?

a. What lie have you believed about yourself to make this an area of sensitivity?

2

What is the relationship you have with your body, currently?

3

Can you identify someone, in any area, that you admire? What makes them/their lives attractive to you?

4

Can you identify what your identity is tied to?



DISCUSSION QUESTIONS

WEEK 2

1 Think about your vocation, position, academic history and relationship status. How do these areas of your life make you feel about yourself?

2 What opportunities can you identify to ground yourself in a more secure foundation?

3 What early memories can you recall that played a part in how you perceive yourself?

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DISCUSSION QUESTIONS

WEEK 3

1

When do you feel most self assured? How do you measure this?

2

What motivates you each day? Is it your own progress? Other benchmarks?

3

What role does social media play in your daily life? How would you rate your relationship with it?

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DISCUSSION QUESTIONS

WEEK 4

1 Can you remember the last time you provided encouragement to someone? How did it make them feel? You?

2 From this book, what practices can you implement in your life to kill comparison?