

# Discussion Questions and Topics

## The Woman's Book of Dirty Words

### 1. How does your self-talk affect you on a daily basis?

As women, we have a constant internal monologue (or dialogue, depending on how many voices live inside of your head!). What are your voices saying to you, directly, or more important, indirectly?

### 2. After reading this book, has your definition of "self-talk" changed? How?

We often think of negative self-talk as the "I'm not good enough" voice. Yet, smaller words frequently have a more insidious and immediate impact on how we behave. What is your understanding of your self-talk?

### 3. What "dirty words" affected you the most? Why?

Everyone has triggers—those words that just set them off. What are yours, and how can you tweak them to extinguish the lit fuse?

### 4. What specific steps can you take to redefine a particular word?

Let's get down to details. Choose one word that really sends you to the moon and detail how you can change (there's that word, again!) your knee-jerk reaction to it.

### 5. How has your idea of balance been affected by reading this book?

The mother of all dirty words for women, balance is a constant struggle. Does it have to be? How can you change that for yourself? How can you use your village to find a better balance in your life?

### 6. What's the most important lesson you've gotten from reading this book?

Hopefully, you've learned that laughter can indeed be the best medicine, but also, how has this changed your personal world-view of how you see yourself and your place/roles in your life.

### 7. How will you use this book and its lessons to find and maintain your personal Zen? (*And yes, chocolate and wine may be involved!*)

