A Life Cycle Discussion Questions

1. Where do you think the ideology to “long for the past and dream of the future” came from? Does is help us as a society or hold us back?

The Shattering

1. In A Shattering, we see a complete loss of self, what is left when you lose your sense of self? Can your “self” every truly be gone?
2. Where does our sense of self-worth come from? What influences it as we go through life?
3. Is the act of breaking a singular moment or collection of moments interspersed between ones of calm? And does that answer affect the help and empathy someone breaking deserves?

The Healing

1. Why is there such a need in our society to stay stagnant in the definition we gave ourselves when the nature of existence is constant change and growth?
2. What do you think Asherah means by the lines “I don’t live with regrets but the shame they never left”?
3. Can one find healing in the arms of the one who hurt them?

Light Shines Through

1. Does healing ourselves inherently heal the world around us?
2. Why are people more controlled by fear than hope?

The Loving

1. How do we cope with coming down from amazing and fulfilling experiences?
2. Does loving someone have more to do with ourselves and our internal environment than the person themselves?
3. Does the act of loving easily diminish the value of the love given?
4. Do you think this book did encompass a human’s life-cycle or were important moments of living and being skipped over?
5. What was your biggest take away from A Life Cycle?