

ALPHA SIGMA ALPHA ALUMNAE BOOK CLUB DISCUSSION QUESTIONS
MARCH 2020 – “THERE IS NO GOOD CARD FOR THIS” BY DR. KELSEY CROWE &
EMILY MCDOWELL

1. What was your favorite piece of new advice from *There Is No Good Card For This*?
2. Can you think of a moment (or moments) where you struggled to help a loved one through a difficult time in their life? How did that make you feel? Do you think this book would have helped you to be better prepared for that moment?
3. On the flipside to question #2, have you ever had a loved one not give you the support needed when you were grieving? What kind of support did you need, and how can you use this experience to help a loved one in return in the future?
4. In the first chapter, “Put Your Own Oxygen Mask On First”, the authors discuss the importance of being kind to ourselves first before being kind to others. Do you agree with this mentality? Do you find it easier to be kind to others or yourself? Why is that?
5. In the fourth chapter, “Listening Speaks Volumes”, the authors take a look at nonlistening styles on page 95. Which style do you feel you most align with (if any)? What do you feel are the pros and cons of your style?
6. *There Is No Good Card For This* delves deeply into the concept that small gestures make a big difference. Whether it was from a colleague, friend, family member or acquaintance, what were some of the most amazing gifts you received during a difficult time? Examples can be found on pages 149 – 152.
7. The book widely discusses empathy and how you can be authentically empathetic when communicating with others. Referencing the list from pages 155 – 158, what items from the “empathy menu” do you feel you’re best at, and which items do you know you’re not great with? How can you utilize this list in future scenarios?
8. It’s very common that in times of grief, there can be that overly optimistic person who tries to help (“Everything happens for a reason” or “When one door closes, another one opens”). Have you had someone meet you with unbridled optimism in a time of grief? How did that make you feel, and how could they have handled the situation better?
9. Throughout the book, there are many characters and drawings to provide a humorous outlet for such a difficult subject. Do you feel these images helped you to understand the content in a more comfortable way? Why or why not?
10. What is your biggest takeaway from *There Is No Good Card For This*?