

Discussion Questions for *Going Home Grown Up* by Anne F. Grizzle

There are far too many questions here to be tackled in one book group session. Feel free to edit as best for your group. Many of these questions are taken directly from the text of *Going Home Grown Up* and are designated with Anne Grizzle's initials (AG) after the question.

1. Can you create a genuine and loving relationship with parents who have never allowed you to have one before?
2. Why is it so important to us to have genuine relationships with our families of origin?
3. In what ways do you shrink when you visit your family? (AG)
4. When do/did you stop thinking of visiting your parents as "going home"?
5. Why do you "go home" to visit parents and other family members?
6. What does your relationship with your parents look like? (AG)
7. Does anyone go home because they genuinely want to spend time with their parents as friends in a healthy relationship?
8. Is it different to mend a relationship with or create a new adult relationship with a sibling than with parents?
9. How does the mythology of "home for the holidays" influence your expectations?
10. Does your family leave you feeling disappointed? If not, what is the correct adjective to use to describe how you feel about your visits with them?
11. How much work are you willing to put into your family visits? (AG)
12. Does doing work produce any results when the others involved refuse to do any work?
13. How would you describe typical interactions at home during your visits? (AG)
14. What part of [your visits] would you most like to change, insofar as it involves you? (AG)
15. What is one very small, doable step you could take toward this change during your next visit? (AG)
16. What reactions do you expect [from your family members to your change(s)] and how will you respond to them?
17. Is cutting off family members a valid approach to take? What about if abuse is involved?
18. What dead-end roads have you tried in your family? (AG)
19. What would an outsider say about your family?
20. If you were to make a video of your family history, which would be the most memorable scenes? (AG)
21. If you were asked for a thorough briefing on your family before someone new met them, how would you describe them?
22. What are the three attributes to your family: atmosphere, rules, and roles? (AG)
23. What were the spoken or unspoken rules in your family growing up? (AG)
24. Think about the different roles that family members play: hero, martyr, clown, peacemaker, financier, boss, doll, informer, organizer, philosopher. What is your job in the family? How do you react to different situations? (AG)
25. What are the strengths of your family? (AG)
26. What are the weaknesses of your family? (AG)
27. Are there gaps in your understanding of the larger family story? How might you fill them? (AG)
28. How have family members passed on various roles? How have the family members broken away from the roles?
29. Which family members do you most understand and appreciate? Which least? (AG)
30. How does understanding the realities behind family members' behaviors make it easier to tolerate them? to forgive them?
31. What have been your strengths and your bad moves in previous family visits? (AG)

32. Which parts of your family visits do you cherish? (AG)
33. What is it about your family interaction... that bothers you the most? (AG)
34. What is it you want to be sure does not happen so far as it depends on you? (AG)
What is the event or interaction or attitude that leaves you feeling upset, frustrated, or depressed?
(AG)
35. If there were one thing that would improve your visit, what would it be? (AG)
36. What can you do when there is nothing you can change about what bothers you with the visits to family?
37. In what ways can you keep or enhance the relational treasures on your next visit home? (AG)
38. What part do you personally play in your least favorite [repeating] family scene? (AG)
39. What walls might you encounter as you try to change family visits? What or who will make the planned step most difficult? (AG)
40. How can you prepare for the resistance you might encounter? (AG)
41. When and how have your parents been revealed as humans rather than [perfect beings]? (AG)
42. Are there ways in which you are still expecting your parents to be all-powerful [beings]? (AG)
43. How can you find support as you face the truth about your family?
44. How can one manage not to take the actions and words of one's family so personally?
45. Are children ever the source of any of their parents' problems?
46. How do the generations in your family change as they graduate from parents to grandparents?
47. Do you think your parents could have done a better job with whatever resources they had?
48. Where are you on the journey from disappointment and anger to compassion and connection? (AG)
49. Is it possible to achieve compassion and connection in all families?
50. Is it necessary to have gratitude for healing and connection to happen?
51. Is it necessary to have forgiveness for healing and connection to happen?
52. Can you recall specific memories that capture the heart of what your parents gave you? (AG)
53. Can any family produce children who becomes healthy adults?
54. In what ways do you continue to act like a child when you visit your family? (AG)
55. Will your family ever be willing or able to see you as an adult?
56. What are ways in which you can act more like an adult when you visit with family?
57. What are ways in which you as a parent can let your children act more like an adult when they visit?
58. Why do some parents refuse to let their children become adults?
59. Think of things you do as an adult in relationships. How might you carry these mature behaviors into your family setting? (AG)
60. What can you do to help yourself avoid the old "emotional land mines" with your family?
61. In what ways do you continue to act as a hero with your family? (AG)
62. How can you set healthy limits with your family?
63. How does one learn how not to respond to toxic patterns such as guilt?
64. How could you set personal limits or ask for help on your next visit with your family? (AG)
65. What are your parents' limitations? What do you miss getting from them? (AG)
66. How can unmet needs be met outside the family? (AG)
67. Can you describe memories or feelings that suggest you may be a victim needing to gain a voice?
(AG)
68. If you have grown up more attuned to others than yourself, how can you work on developing the inner ear to your soul? (AG)
69. What ongoing abuses do you need to say no to? How might you do that? (AG)
70. What are concrete ways that you can avoid reaching the top ten on the stress scale during a visit?
(AG)
71. What are activities that keep you going, give you energy, and nourish your soul? (AG)

72. How can you best take care of yourself during a family visit? How can you carve out “me time” to renew yourself?
73. What can help you realize that you have the power to create change rather than blaming those around you?
74. How would you describe your generations emotional or relational work [within the family]? (AG)
75. Do you agree that if you don’t do the emotional work, then your children will be stuck doing it?
76. What are your goals for the next generation? (AG)
77. Should you be setting goals for the next generation? Why or why not?
78. Is it a problem to try to recreate family traditions within your new family?
79. When did you realize you are an adult?
80. When did you feel you finally had created a new family unit?
81. Have you retained dysfunctional parts of your family of origin than you would rather not continue in your new family unit?
82. What rituals in your family have grown stale and need changing? Which do you value and what to build further? (AG)
83. Are these the good old days?
84. Can one have good family relationships without respect?

© 2015 Elizabeth Galen, Ph.D., Green Heart Guidance, LLC