

DISCUSSION GUIDE

KAYLA STOECKLEIN

# FEAR GONE WILD

A STORY OF  
MENTAL ILLNESS, SUICIDE,  
AND HOPE THROUGH LOSS

# CHAPTER 1

## THE STORY BEFORE THE STORY

1. What prompted you to read this book?

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2. What are you hoping to gain by reading this book?

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## FEAR GONE WILD DISCUSSION GUIDE

3. What is your experience with mental illness, whether your own or someone else's?

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4. Why do you think mental illness is such a difficult field for scientists to study?

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5. Why is it important that we are all aware of mental illness and the impacts it can have?

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# CHAPTER 2

## THE UNINVITED GUEST

1. Have you experienced a panic attack? If so, what did it feel like?

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2. When have you felt as though no one understand the intensity of your emotions? Why do you think it was difficult to communicate what you were experiencing?

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## FEAR GONE WILD DISCUSSION GUIDE

3. When has fear run rampant in your life? How did you find peace and healing again?

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4. What are some desolate times you've experienced? How did God help you grow during those times?

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## FEAR GONE WILD DISCUSSION GUIDE

5. How does it make you feel to know that your pain isn't pointless?

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6. Do you currently experience crippling fear? If so, how do you cope?

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# CHAPTER 3

## HOW DID WE END UP HERE?

1. What is it like to be near someone who is suffering from depression? How do you remain supportive during their struggles?

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2. If you have had depression, what have been the most helpful things others have done for you?

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## FEAR GONE WILD DISCUSSION GUIDE

3. In your experience, how does depression block out light for loved ones as well as the person who is afflicted?

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4. Why is it important to remember that no one is exempt from depression?

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## FEAR GONE WILD DISCUSSION GUIDE

5. How can seeing someone's pain allow us to respond to them in a way that makes them more comfortable?

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6. What have you been taught about the connection between depression and sin?

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7. How might Christians unintentionally cause those with mental illness to feel shame?

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# CHAPTER 4

## TO THE BACK OF THE CAVE

1. What part of your life drives you to find peace and quiet in order to preserve your energy? Where do you go when you need that time?

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2. Why is it important to take time to rest and recharge?

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3. What would you consider to be the “mountaintop moments” that have given you hope in the past?

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4. What is the difference between isolation and solitude?

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5. What are the benefits of solitude?

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6. How did Jesus model solitude for us?

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7. What are the risks of isolation, and why can isolation be dangerous?

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## FEAR GONE WILD DISCUSSION GUIDE

8. How does it feel to surrender to God? Do you find it to be easy or difficult to surrender to him?

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9. What changes can you make so that you connect with God throughout the day?

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# CHAPTER 5

## STRANGER THINGS

1. What is your experience with supernatural darkness?

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2. Why is it dangerous to downplay the Enemy and his goal?

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3. When have you experienced a spiritual attack during a time of weakness?

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4. How do you discern whether something is from God or the Enemy?

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5. How do you feel when you think of the Enemy as being relentless? How do those feelings start to change when you think of God's unfailing strength and love?

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6. What do you think it means to be brave? What does it look like in action?

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7. Who in your life has been an example of Christian bravery?

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# CHAPTER 6

## HOT MESS

1. Do you know anyone who has died by suicide? If so, what led to it?

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2. Why is it important to listen when someone mentions suicide?

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3. Why do you think suicide is a difficult topic to discuss?

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4. Why do you think suicide has become a taboo subject?

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5. What are the emotions that might trigger suicidal thoughts?

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6. Which of the myths of suicide have you heard before? How has this chapter changed your beliefs about and understanding of suicide?

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# CHAPTER 7

## GOODBYE TO EVERYTHING

1. When have you fervently prayed for a miracle? What was the answer to your prayer?

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2. When have you had to say goodbye to someone or something you dearly loved?

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## FEAR GONE WILD DISCUSSION GUIDE

3. When has your life changed in an instant? How was your “new” life different from your previous life?

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4. Do you agree that “committed” is a word that should not be used when discussing suicide? Why or why not?

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5. When have you had to choose your words carefully because of the power they held?

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6. How does it feel to know that we all suffer and that you aren't alone in your pain?

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7. What work do you think God may be trying to accomplish through you during the pain you've experienced?

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8. How would you describe yourself as God's masterpiece?

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# CHAPTER 8

## ONE PLOT OR TWO

1. When have you felt the desire to live a life here pulling against the desire to leave this pain-filled world?

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2. What do you think Paul meant when he wrote, "To live is Christ and to die is gain"?

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3. What does choosing life mean to you?

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4. Why is it important to be dependent on Christ?

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5. How can surrendering to God help you cope with grief and pain?

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6. How is surrendering to God different from surrendering to people?

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7. What does God's grace feel like to you?

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8. Read Psalm 139. How does it help you understand God's presence in your life?

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9. Why do we need both hope and fear? How do you keep fear in balance?

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# CHAPTER 9

## NEW WINE

1. When have you noticed God's presence around you during difficult times? How did those glimpses of him help you get through your trials?

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2. Where do you go when you need to rest from grief or pain?

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## FEAR GONE WILD DISCUSSION GUIDE

3. Do you agree with the author's statement that "the consequence of love is grief"? Why or why not?

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4. How have you experienced joy after grieving? How does that joy remind of you God's goodness?

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5. When have you felt as though God has gone silent?

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6. What why questions do you want to ask God? How can surrendering to God help you let go of those questions?

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7. How can the difficult seasons of life help us develop endurance?

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8. Why is endurance important in our faith?

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9. How is our heavenly Father different from earthly fathers?

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# CHAPTER 10

## REBUILDING BEAUTIFUL

1. How has loss woven its way through your life? Does that help you see God's beauty around you more clearly? Why or why not?

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2. Why is it important to continue to have hopes and dreams after experiencing loss?

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3. What has rebuilding looked like for you?

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4. Why is it important to acknowledge your pain, shame, and regrets? How can acknowledging them allow you to replace those feelings with grace?

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5. Why is it brave and daring to rebuild after pain?

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6. How does it make you feel to know that Jesus wrestled with pain as well?

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7. What helps you to prepare yourself to receive God?

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# CHAPTER 11

## GOD'S GOT THIS

1. Why is it important to remember that life is about God's glory?

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2. What words would you use to describe God's glory?

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3. Why is it often difficult for us to reflect God's glory during our trials?

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4. Who has been a model for glorifying God through difficult seasons of life?

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5. What do you picture when you think of perseverance?

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## FEAR GONE WILD DISCUSSION GUIDE

6. When was a time that you persevered through a struggle? How did it make you stronger? How did it draw you closer to God?

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7. Has your understanding of mental illness or suicide changed after reading this book? If so, how has it changed?

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8. What are three key points that you might share with others when discussing this book?

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