

THE TWENTYSOMETHING

DISCUSSION GUIDE

Everything You **Actually** Need to Know About **Real Life**



INTRODUCTION

What prompted you to read this book? If you're part of a faith-based discussion group, what drew you to participate?

What are you hoping to learn by reading this book?

What have been the biggest struggles you've faced in your twenties?

What would you like to accomplish while you are in your twenties?

What questions do you have about life and how you fit into the world around you?

CHAPTER 1

Do you currently love where you live? Why or why not?

Where have you lived before? What memories do you have of those places?

If you don't currently feel at home, why do you think that is?
If you do currently feel at home, who or what has made you comfortable?

Have you found a faith community or religious “home” where you are now? Are you comfortable there? Why or why not?

Where can you go in your current town to learn more about the area's history? Where can you go to meet new people?

What do you think is the biggest challenge of moving to a new town? What advice would you give someone who is about to move to a new place?

CHAPTER 2

What is your dream job, and why? Is there something you feel called or gifted to do?

If you're working now, do you like what you're doing? Why or why not? Would you say that your job is a good match with your values and beliefs?

What challenges have you faced at work? How have you coped with those challenges?

How would you describe the people with whom you work? How can you strengthen your working relationship with them?

What qualities would make a person a good mentor? Who might you turn to when you need a mentor? Is there anyone you know who could also be a faith mentor?

If you were writing your own twentysomething handbook what advice would you add to this chapter?

CHAPTER 3

Tell the story of where you live now and how you ended up there. What were the challenges? What positive things happened in that process?

What are the biggest factors you consider when deciding where to live? Is there any anxiety or fear that's a part of that for you? How do you handle it?

Do you prefer to live alone or with a roommate? Why?

What compromises would you be willing to make in order to live in housing that meets most of your requirements?

Why is it important to ask questions about the apartment or house you are hoping to rent?

Do you know your rights as a tenant in your current location?

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CHAPTER 4

If you currently live elsewhere, have you considered living with your parents? Why or why not?

What would be the benefits of living with your parents at this point in your life? What would be the disadvantages? What situations might prompt you to ask if you could live with your parents?

What baggage or family history comes up for you living in close proximity with your family? How would you handle that?

What boundaries would be necessary in order for you to live with your parents? Would religious practice or observance be a point of conflict?

How could living with your parents help you strengthen your relationship with them? DO you (or could you) have faith conversations with them now as an adult?

CHAPTER 5

Are you an introvert or an extrovert? How have you shaped your lifestyle with this in mind?

Have you shared space with someone before? If so, what was your experience?

Why is it important to create a home in which you feel comfortable?

Why are the "No Martyrs" and "No Mind Readers" good rules when you are sharing space with a roommate? How can they help you avoid conflict?

Does your religious tradition offer any guidance to you (for example teachings on hospitality or dealing with conflict) as far as your living situation and living space?

Are you a member of an intentional community? If so, describe it. If not, what type of intentional community could you build?

What could you do to make yourself feel more comfortable in your home and your community? Are religious symbols a part of your living space? Why or why not?

CHAPTER 6

What has been your biggest cooking fail to date? Did you learn anything from that experience?

How would you describe your current eating habits?

Do you know how to cook? If so, how did you learn? If not, what steps could you take to start learning?

How could you incorporate "cooking days" into your schedule?

In what ways is it helpful to plan meals in advance? How could doing so benefit you?

Which of the cost-cutting tips will you start using?

Many religious and cultural traditions have teachings or practices around food, hospitality, gratitude, and sharing. Are there any that are particularly meaningful to you?

If you were writing your own twentysomething handbook what advice would you add to this chapter?

CHAPTER 7

On a scale of 0 to hoarder, how hard is it for you to let go of personal belongings? How do you decide what to get rid of?

Name one or two things you really want to hang onto, and a couple more that it's probably time to let go of.

How were you raised to view shopping and possessions?

Do you feel as though your happiness has been tied to your possessions? Why or why not?

Many religious traditions offer cautions or warnings about being overly attached to material possessions. Why do you think that is? Do you recall any from your own tradition?

How well do you do with getting things you don't need anymore to someone who could use them? Do you know where to donate?

How do you define the difference between needs and wants for yourself? How is that connected to your values or beliefs?

What resources do you have for obtaining secondhand items?

If you were writing your own twentysomething handbook what advice would you add to this chapter?

CHAPTER 8

How did your family manage or mismanage money when you were growing up? How has that affected your perspective of money and budgeting now?

Why is it important to use a budget?

What are some of your largest expenses each month? How can you trim those down?

Is it hard for you to make yourself wait for items you really want? Why or why not?

Which method of contributing to your savings is best for you? What debt are you currently carrying? What steps are you taking to pay it off?

What beliefs or values do you hold about the wise use of money and resources?

If you were writing your own twentysomething handbook what advice would you add to this chapter?

CHAPTER 9

How has your family adjusted to your independence?

Which milestones made you feel as though you had reached adulthood?

Do you and your family argue about money? What aspect of finances seems to set people off? Wasteful spending, debt, something else?

How has your family changed since you've entered adulthood?

How are your values and those of your family similar? How are they different?

How do differences in values or religious practice affect your relationship with your family?

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CHAPTER 10

The expression “fast friends” means steadfast, loyal, lasting. How can you balance your immediate need for friends with the fact that real friendship takes time?

How have you made new friends in the past? Do you think those strategies will work for you now? Why or why not?

What is the difference between acquaintances and friends? How can being involved with a cause or volunteering together help you build friendships?

What is the environment in your workplace? Would it be a good place for you to build friendships? Why or why not?

Are your current friends experiencing life changes such as marriage or children? If so, how can you maintain your friendship in light of those changes?

What community could you join at this point in your life? Have you found a faith community that's a good fit?

What are some cheap or free activities in your area?

What is something you enjoy doing as a hobby? How can you use that to help you meet new friends?

If you were writing your own twentysomething handbook what advice would you add to this chapter?

CHAPTER 11

Is being in a romantic relationship a priority for you right now? Why or why not?

Have you experienced real love? If so, what did it feel like?

Why is it important to maintain relationships with family and friends when you are in a romantic relationship?

What qualities are you looking for in a partner? How do you create and maintain boundaries in your romantic relationships?

Why is communication important in romantic relationships? Is it important to you to share values or religious traditions with the person you are with?

How do you determine if you should stay in a relationship? What are the benefits of being single for periods of time?

CHAPTER 12

What are your bad habits? What are your good habits?

What can you do to turn bad habits into good habits? What strategies could you use? Are there any steps or practices from your religious tradition that might help?

Who in your life has been a model for practicing good habits?

Which of their strategies could you use to build good habits? What about religious teachings or examples?

What role does anxiety play in your bad habits? What mental health changes can you make to ease your anxiety?

What consequences have resulted from your bad habits? Do you struggle with addiction? If so, where can you turn for help?

What words or beliefs do you remember from your religious tradition around healing, hope, forgiveness, or mercy?

CHAPTER 13

What is your experience with mental illness?

Why do you think it is difficult to address mental health?

What misinformation or negative judgements have you been exposed to about mental illness? What was the source of that misinformation?

Religion can be a healing, supportive force for mental health but sometimes negative messages (such as the myth that mental health issues show a lack of faith) come through faith traditions. What has your experience of this been?

Who in your life would support you in an effort to get help with mental illness? Who do you think might not?

What resources do you have available if you need to seek help for mental illness?

Who in your life suffers from mental illness? Do you feel like there are ways you could help that person?

What strategies do you use to get through difficult times?

What changes could you make so that you take care of your mental health?

If you were writing your own twentysomething handbook what advice would you add to this chapter?

CHAPTER 14

What is your experience with losing someone or something important to you?

In what ways can loss change us?

Why is it important to name the loss you are grieving?
Which of the strategies for working through loss might be beneficial to you now or the next time you are grieving?

Have you ever felt complicated grief? If so, what was the situation?

Describe some of the funerals you have attended. How were they similar? How were they different?

Has someone ever said the wrong thing to you when you were grieving a loss? If so, why was it the wrong thing? How did you respond?

How have you supported grieving friends in the past? What, if anything, will you do differently next time?

CHAPTER 15

Why is it important to apologize? Why do you think it can be difficult to make apologies?

Why is it important to understand how others are affected by our actions and mistakes?

Is it difficult for you to make apologies to people you work with? Why or why not?

When have you apologized in order to avoid conflict? What was the result?

Why is it important to identify when you are apologizing for things that aren't your fault?

How difficult is it for you to forgive yourself, and why do you think that is?

Are there teachings, practices or prayers about forgiveness from your religious tradition that are important to you?

Is there anyone who deserves an apology from you? How could you approach that apology?

If you were writing your own twentysomething handbook what advice would you add to this chapter?

CHAPTER 16

How comfortable are you around those who are different from you? Why do you think you feel that way?

What is your knowledge base when it comes to racism and discrimination?

When have you experienced or encountered racism or discrimination? How did you handle it?

How can you advocate for those who experience racism, discrimination, or marginalization?

Which of the twelve diversity and inclusion terms are you familiar with? Which would you like to learn more about?

Many religious traditions have teachings about welcoming those who are different, but people don't always seem to take those teachings to heart. Why do you think that is?

Why is it important to understand that we are living in a world that is becoming increasingly interconnected and diverse?

How can you strengthen your awareness of diversity?

If you were writing your own twentysomething handbook what advice would you add to this chapter?

CHAPTER 17

Why is it important to live purposefully?

Is your current job meaningful and fulfilling? If so, what makes it that way? If not, why do you think that's the case?

What are your dreams? How are you pursuing those dreams at this point in your life?

What is the difference between pleasure and happiness?

Would you describe yourself as happy with your life right now? Why or why not?

Do you think any of the approaches in this chapter might help you move closer to true happiness?

Are there any teachings or traditions from your faith practice that are helpful when it comes to finding your purpose or leading a fulfilled life?

What is one goal that you could work on so that you can move closer to living purposefully?

What have you learned by reading this book? Are there topics or advice you would add?

How would you describe this book to others?