



1

Curious, but haven't gotten started?

1. What emotions have you experienced as a parent or caregiver of a child with disabilities?
2. What is your idea of community? Who is part of your community?
3. How do you support your mental health as a caregiver?

2

Discovering the emotions

1. How do you acknowledge and honor your emotions without being controlled by them?
2. How have your vision for your child and your family dynamics changed since your child's diagnosis?
3. How do you find meaning and purpose in your journey as a caregiver?

3

Diving deeper

1. In what ways does frustration push you to make changes?
2. What did you believe about disability before your child's diagnosis? How has that changed?
3. How have your emotions challenged you to learn and grow rather than feel intimidated?
4. What does freedom feel like to you in your parenting journey?
5. How has your journey freed you from other people's expectations and helped you to promote change?

Connect with other Brave Moms

Join the private Facebook book discussion group for **We Dare Be Brave** to chat with other moms like you who have read the book and been transformed by it.