



YOUR CLARITY MATTERS



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DISCUSSION GUIDE

Why You Felt Crazy

These questions are meant to open conversation, not direct it. There are no right answers only honest ones. This is a vulnerable space, be kind to each other.

On recognition

1. Was there a moment in the book where you thought "that happened to me", even if you'd never had words for it before?
2. The book talks about confusion as a feature of emotional abuse, not a side effect. Did that reframe anything for you?

On language

3. Did naming the patterns: gaslighting, manipulation, coercive control, change how you understood past experiences? Does naming something give you power over it, or does it sometimes feel too clinical?
4. The author writes from inside the experience, not after it. How did that affect the way the book felt to read?

On response and relationships

5. Why do you think it's so hard to explain emotional abuse to people who haven't experienced it? Did this book give you any new language for that conversation?
6. The book raises the question of why leaving is so much harder than it looks from the outside. What did it surface for you about how we judge people who stay?

On yourself

7. Was there anything in the book you weren't ready to agree with yet?
8. What's one thing you're taking away from this something you'll still be thinking about next week?



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Understand. Heal. Trust Yourself Again.