



# Discussion Guide

## *Atlas of the Heart* Starter Questions

Here are some questions for folks reading *Atlas of the Heart* with friends or family or watching the HBO Max series together. Enjoy!

1. Did any of the explanations of specific emotions or experiences surprise you? If yes, what was surprising?

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2. Did you come across any emotion or experience and think, “That’s what that feeling is called!” or “I know that experience”?

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3. Are there any behaviors that you might work toward changing because of something you learned from *Atlas*?

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4. What resonated for you from the section on empathy misses?

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5. Have you started paying attention to the difference between stress and overwhelm. If so, has it helped?

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6. Since reading the book or watching the HBO Max special, have you had any experiences where you thought, “Wow, I know what that is now!” or “Wait—I know what’s happening and why”?

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