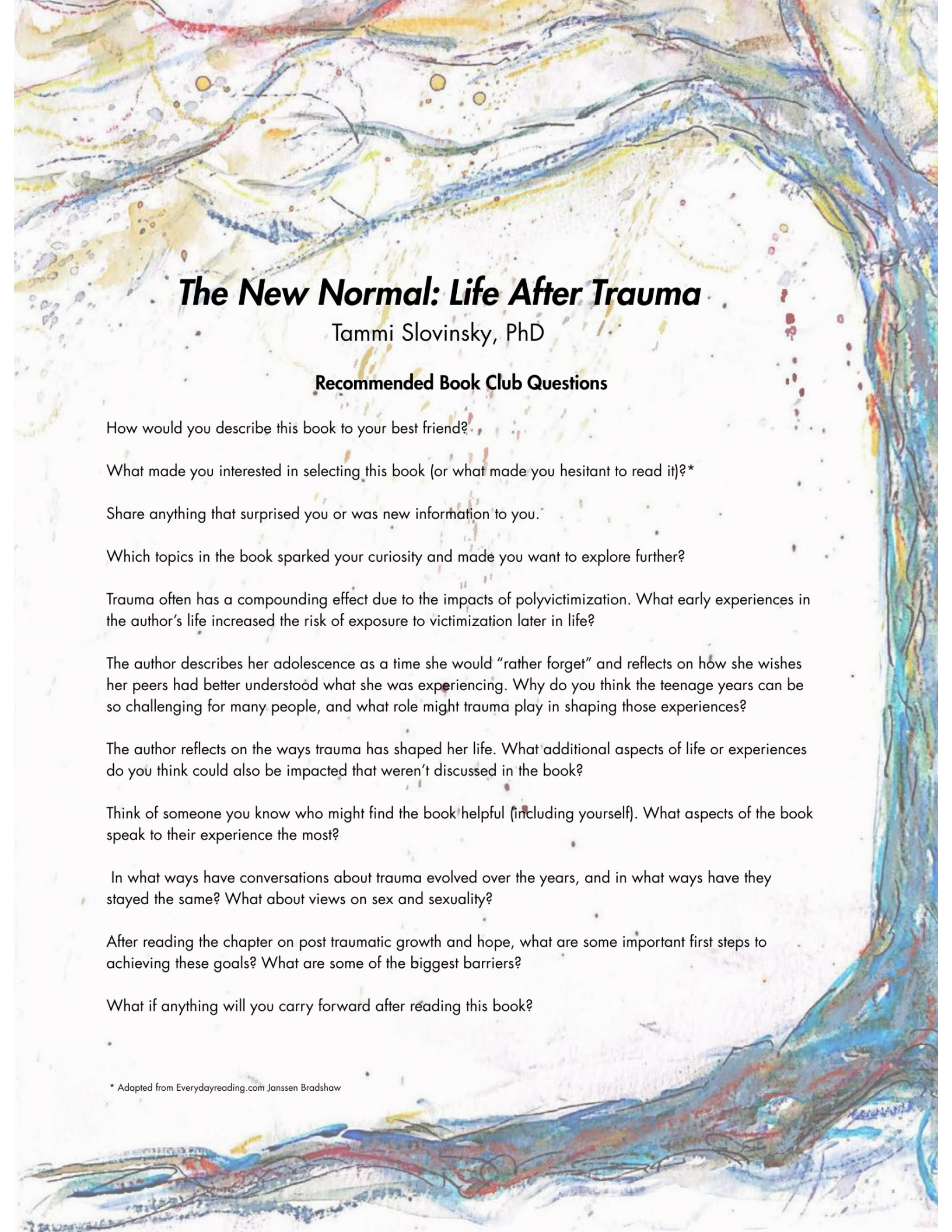




The New Normal: Life After Trauma

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Recommended Book Club Questions

How would you describe this book to your best friend?

What made you interested in selecting this book (or what made you hesitant to read it)?*

Share anything that surprised you or was new information to you.

Which topics in the book sparked your curiosity and made you want to explore further?

Trauma often has a compounding effect due to the impacts of polyvictimization. What early experiences in the author's life increased the risk of exposure to victimization later in life?

The author describes her adolescence as a time she would "rather forget" and reflects on how she wishes her peers had better understood what she was experiencing. Why do you think the teenage years can be so challenging for many people, and what role might trauma play in shaping those experiences?

The author reflects on the ways trauma has shaped her life. What additional aspects of life or experiences do you think could also be impacted that weren't discussed in the book?

Think of someone you know who might find the book helpful (including yourself). What aspects of the book speak to their experience the most?

In what ways have conversations about trauma evolved over the years, and in what ways have they stayed the same? What about views on sex and sexuality?

After reading the chapter on post traumatic growth and hope, what are some important first steps to achieving these goals? What are some of the biggest barriers?

What if anything will you carry forward after reading this book?

* Adapted from Everydayreading.com Janssen Bradshaw