# THE TWENTYSOMETHING DISCUSSION GUIDE

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



# INTRODUCTION

What prompted you to read this book?

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

Where have you lived before? What memories—good or bad—do you have of those places?

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

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?

What is your favorite way to learn about a new place, whether as a visitor or as a new resident?

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?

What images and information appear on your social media accounts? What do you need to update or delete?

What are your networks? How can you use them to help you get an interview?

What qualities would make a person a good mentor? Who might you turn to when you need a mentor?

If you're working now, do you like what you're doing? Why or why not?

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?

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

# CHAPTER 3

What process did you go through to live in your current situation? What were the challenges?

What are the biggest factors you consider when deciding where to live?

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?

What are your rights as a tenant in your current location?

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

# CHAPTER 4

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

What are the benefits of living with your parents at this point in your life? What are some of the challenges?

What situations have caused or could cause 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 could you take a step back to reorient your relationships?

What are your financial goals? How can living with your parents help you achieve those goals?

What boundaries are necessary in order for you to live with your parents?

How can living with your parents help you strengthen your relationship with them?

# 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?

Which of the cleaning tricks do you think will be most helpful for you, and why?

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?

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?

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

# 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 can you take to start learning?

How will 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?

What do you know about food safety? Why is it important?

What appliances do you have in your kitchen? How can you make sure you use your appliances and space wisely?

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?

How are you at getting things you don't need anymore to someone who could use it? Do you know where to donate?

What do you include on your lists of necessities and wants?

How do you monitor how much money you spend?

Do you save money? Why or why not? If you do save money, what is your goal?

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?

Why is it important to keep track of your credit report and credit score?

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# 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 affect your relationship with your family?

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

# 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 volunteering 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?

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?

How do you determine if you should stay in a relationship?

What are the benefits of being single for periods of time?

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

# 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 will you use?

Who in your life has been a model for practicing good habits? Which of their strategies can you use to build good habits?

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?

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

# 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?

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 can 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?

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

# 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?

Is there anyone who deserves an apology from you? How will 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 of racism and discrimination?

When have you experienced 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?

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

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?

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

What is the difference between pleasure and happiness?

Are you happy? Why or why not?

Which of the approaches in this chapter might help you move closer to true happiness?

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?