



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?

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

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

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

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

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”?
