



Austin  
THERAPY  
for  
GIRLS

*Call to Courage Mother/Daughter Discussion Guide*

1. *What do you think about the concept of vulnerability and courage being connected? Can you think of a moment that you have seen courage that did not involve vulnerability?*

2. *Where can you use the line "the story I tell myself" in your relationship with your mother/daughter?*

3. *Opposite of Belonging is Fitting In, we are hard wired for belonging. Fitting in leads to disconnection, aka, 7th grade? When was a time growing up where you tried to fit in? How can you feel more connection in your relationship with your mother/daughter?*

4. *How many of you have dressed rehearsed tragedy? Foreboding Joy is a way we protect ourselves from truly feeling joy...practicing gratitude is a way to deal with the fear.. How can you bring more Joy/Gratitude in your life? When was a moment when you wanted to make a positive photo memory?*

5. *Myths of Vulnerability: Which one stood out to you in the Netflix special?*

*Myth #1: Vulnerability is weakness*

*Myth #2: I don't do vulnerability*

*Myth #3: I can go it alone*

*Myth #4: You can engineer the uncertainty and discomfort out of vulnerability*

*Myth #5: Trust comes before vulnerability*

*Myth #6: Vulnerability is disclosure*

6. *Where do you want to show up and be seen more in your life?*

*What is your call to courage? In your life and in your relationship with your mother/daughter?*

*"Vulnerability is hard, and it's scary, and it feels dangerous, but it's not as hard, scary or dangerous as getting to the end of our lives and having to ask ourselves, 'What if I would've shown up?' 'What if I would've said, I love you?' Show up, be seen, answer the call to courage... 'cause you're worth it. You're worth being brave."*