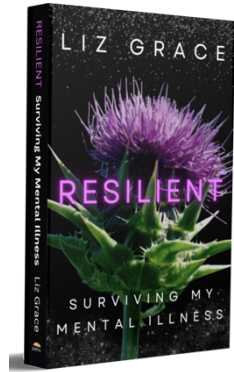


Resilient: Surviving My Mental Illness: Discussion Guide

By Liz Grace



This discussion guide was created to accompany Liz Grace’s memoir, *Resilient: Surviving My Mental Illness*, a lived-experience account used in health education and professional development settings.

How to Use This Guide:

This guide is intended for use in academic courses, professional development, and book club settings. Questions are organized to prompt reflection on personal insight, clinical relevance, and broader systems of care surrounding mental illness.

Section 1: General Reflection

(Use with any audience)

- What moments in the book stayed with you the most — and why?
 - Did anything in the story challenge your assumptions about mental illness or recovery?
 - What feelings came up while reading the journal entries? Were there moments that made you feel uncomfortable, confused, or deeply moved?
 - The author does not tie the book up with a “happy ending.” How did that affect your reading experience?
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Section 2: Clinical Insight & Empathy

(Best for healthcare students/professionals)

- What clinical signs were present that might have gone unnoticed or misinterpreted by providers?
 - How did stigma — including internalized stigma — show up throughout the author’s experiences?
 - What does this book teach us about the limits of what providers can “see” from the outside?
 - How might you approach a client or patient differently after reading *Resilient*?
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Section 3: Sitting with Discomfort

- Were there moments in *Resilient* that brought up discomfort — whether due to the intensity of the trauma, or because something felt personally familiar?
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- How did it feel to sit with that discomfort (if you allowed yourself to), rather than pushing it away?
- In what ways did the book invite you to *stay* present with someone else’s pain, even when it was hard?
- As clinicians, we are often called to hold space for others in distress. What does this experience teach us about the emotional skill of sitting with suffering — rather than trying to fix, minimize, or retreat from it?

Section 4: Systems & Care

(Best for group or policy-focused discussion)

- What role did systems (hospital, school, family, community) play in the author’s recovery — or setbacks?
- Where were opportunities for earlier intervention or different support?
- What does this book reveal about how society defines “sick enough” or “well enough”?
- How could healthcare systems be more responsive to stories like this?

Optional Reflection Prompts

- What surprised you most about the author's story?
- Did you see yourself — or someone you know — in any part of the narrative?
- After reading *Resilient*, what is one thing you will carry into your personal or professional life?

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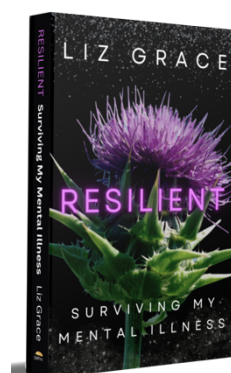
Published by **Sister’s Ignited Media and Publishing**, 2023

Paperback: 279 pages | Available in eBook and Audiobook

ISBN-10 (Paperback): 1990533116

ISBN-13 (Paperback): 978-1990533112

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