

## Discussion Questions

1. Carol's husband, Scott, made the decisions to amputate Carol's feet, hand, and finger. Before making those decisions, he consulted with doctors and family. Have you ever had to make a decision for someone else that would change the rest of their life? What if other members of your family disagreed with your decision?
2. Carol's family rallied to her side when she became ill. How did their love and support help in her recovery? What could have been her family's reaction? How would that have changed her recovery?
3. Traumatic events change lives without warning. Carol's traumatic event changed how she viewed herself and those around her. Have you or someone you know gone through a life-changing event? How did trauma change that person's outlook on life?
4. How can trauma change relationships with family and friends?
5. The power of "choice" is a theme that runs throughout Carol's battle with sepsis. How did Carol's choices affect her relationship with Scott? What were the key choices she made that helped her maintain a positive attitude?
6. Setting goals helped Carol progress during physical therapy. How can goals motivate you to do things you don't think are possible? If you don't achieve those goals, is it a failure? How does the journey toward goals change you?
7. Life is full of unanswered questions, many of them beginning with the word "why." How can those questions anchor you in an unhappy place? What can be done to release those anchors? What would happen if you let go of the "why" questions?
8. Trauma often leads to anxiety and depression. Carol reached a point where she wanted to take her own life. What did her brother Shawn do to help her through that moment? What was her turning point that brought her out of the darkness of depression? What motivated her to continue fighting against depression?
9. Depression affects millions of people. How would you go about helping someone close to you whom you thought might be struggling with depression?
10. Perspective colors the way we see the world. Carol's perspective changed both literally and figuratively. How did blindness change her perspective of the world? How did her perspective help in her emotional recovery?
11. Carol's sister-in-law Brie told her, "You can't change who you are. You have to own it." How does accepting yourself as you are change your perception of your identity? Life events often change how you view and think about yourself and others. How does your identity change over a lifetime?

12. Even though Carol wanted to fit in with other people, her disabilities made her different. How does feeling like you fit in with others help you connect with them? What aspects of the human experience make it possible to connect with people that are different from you?

13. When Carol went to Barbados, she met a woman who wouldn't go snorkeling with her friends. After watching Carol get in the water, she vowed to try. Sometimes we place physical or mental limits on ourselves. As an amputee, Carol strives to push her physical limits. In what ways do you limit yourself? Physically, emotionally, and mentally? How can questioning the limits you've placed on yourself build confidence, dispel fear, or change your perspective?