



What was your **initial reaction** to the memoir's title, *I Feel Real Guilty*? Did it match your understanding after reading the book?





How did the author's
journey through
sibling sexual abuse,
grief, and advocacy
resonate with you
personally?

I Feel Real Guilty - General Discussion Questions



Were there
moments in the
memoir that
surprised, angered,
or **inspired** you?
Why?





The memoir ends on a **hopeful** note. How did the structure of the narrative impact your emotional experience of the story?





How did the author
balance **humor** and
resilience while
discussing difficult
topics?



I Feel Real Guilty - General Discussion Questions



Sibling Sexual Abuse:

What did this book **teach** you about sibling sexual abuse as a form of trauma? How does it challenge societal perceptions of sibling relationships?

I Feel Real Guilty - Theme Based Questions



Healing and Advocacy:

What role does advocacy play in the author's **healing** process? How does this align or differ from your views on healing?



I Feel Real Guilty - Theme Based Questions



Grief and Resilience:

The author shares the loss of her first husband. How did her experience of **grief** shape the trajectory of her journey?





Identity and Empowerment: How did the author **reclaim** her narrative and find empowerment after years of trauma?



I Feel Real Guilty - Theme Based Questions



Were there moments in
the memoir that
reminded you of
experiences in **your own**
life? How so?



I Feel Real Guilty - Personal Reflection



How can you **apply the lessons** from this memoir to your own life or interactions with others?



I Feel Real Guilty - Personal Reflection



Letter to the Author: Write a letter expressing how the memoir impacted you or a **question** you'd love to ask.



I Feel Real Guilty - Creative Activities



Journal Prompt:

Reflect on a time you
overcame a
challenging experience
and what helped you
heal.



I Feel Real Guilty - Creative Activities



Redefining "Strong": Create a group activity where members write down alternative words to **describe someone who has faced adversity** (e.g., "resilient," "brave").



"What Would You Do?":

Create scenarios based on situations in the memoir and discuss how **you** **might** have responded.





Advocacy Brainstorm:
Brainstorm ways to raise
awareness about sibling
sexual abuse in your
community.

*Consider making a donation to 5WAVES.org.



I Feel Real Guilty - Group Discussion Activities



Healing Toolkit:

Compile a “healing toolkit”
inspired by **strategies**
mentioned in the book, such
as running, therapy, or
community.



I Feel Real Guilty - Interactive Activities

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Listen to the author's TEDx talk here and discuss how the **live delivery** adds to the memoir's impact.



I Feel Real Guilty - Media Pairing



Listen to the **audiobook** version of the memoir to analyze how the narration brings the story to life.



I Feel Real Guilty - Media Pairing

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"Healing isn't a straight line—it's a tangled mess, but it's my mess, and I'm proud of it."

Reflection: What does this quote mean to you?

Prompt: Share a time when your healing process didn't look like you expected.

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"Forgiveness is complicated.
Sometimes, forgiving myself was the
hardest part."

Reflection: How do you define
forgiveness?

Prompt: Discuss whether forgiveness is
necessary for healing—or if healing can
happen without it.

I Feel Real Guilty - Key Quotes Cards

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"Hope is fragile, but it's also powerful.
It can break, but it can also grow."

Reflection: When was a time you held on to hope despite challenges?

Prompt: Share an example of how hope has influenced your journey.

“

"Sometimes, running wasn't about escaping—it was about finding myself one step at a time."

Discussion: How does movement or physical activity contribute to emotional healing?

Prompt: Share an experience where you used an activity to process emotions or feel grounded.

I Feel Real Guilty - Key Quotes Cards



You are worthy of **healing**
and happiness.



I Feel Real Guilty - Affirmation Cards



Your story is **powerful** and
deserves to be told.

Reminder: Sharing your story,
even just with yourself in a
journal, can be an act of
courage and strength.



I Feel Real Guilty - Affirmation Cards



It's okay to **ask for help**—it doesn't mean you're weak.

Encouragement: Reaching out is a sign of **resilience** and self-care.



I Feel Real Guilty - Affirmation Cards

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You are not defined by your
past—you are shaped by
your **resilience**.



I Feel Real Guilty - Affirmation Cards



Healing is not selfish; it's
essential.



I Feel Real Guilty - Affirmation Cards

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Your **voice** has the power to
inspire change.



I Feel Real Guilty - Affirmation Cards

“

It's okay to feel **joy**, even
after deep **pain**.



I Feel Real Guilty - Affirmation Cards

“

Being vulnerable is a
strength, not a weakness.

I Feel Real Guilty - Affirmation Cards



What did you learn about sibling sexual abuse that you **didn't know** before?

Share one way you can use this knowledge to support survivors.



I Feel Real Guilty - Discussion Prompt Cards



The memoir covers grief, healing, and advocacy. Which theme **resonated** with you most?

Discuss why this theme stood out and how it connects to your own experiences.



I Feel Real Guilty - Discussion Prompt Cards



The author shares moments of self-doubt and **self-discovery**. What moments in your life mirror this journey?

Reflect on how you overcame self-doubt and found your path forward.

I Feel Real Guilty - Discussion Prompt Cards



The memoir highlights the importance of **community** in healing. How has your community supported you during challenging times?

Follow-Up: If you don't have a strong community, what steps can you take to build one?

I Feel Real Guilty - Discussion Prompt Cards



The author discusses vulnerability as a path to **healing**. Do you find vulnerability easy or difficult? Why?

Follow-Up: Share a time when being vulnerable led to growth or connection.



The author struggled with **self-doubt**.
How do you handle self-doubt in your
life?

Follow-Up: What tools or strategies
help you combat negative self-talk?



I Feel Real Guilty - Discussion Prompt Cards



Learn: Research **one resource** or organization dedicated to sibling abuse, like 5WAVES.



I Feel Real Guilty - Action Step Cards



Support survivors by **amplifying** their voices.

Action Steps:

1. Share a book, podcast, or article by a survivor with your network.
2. Post about what you've learned from this memoir on social media.

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Raise **awareness** about sibling sexual abuse.

Action Steps:

1. You can learn more by reading research or watching documentaries.
2. Start conversations with friends or family about what you learned.



Be a **safe** space for others.

Action Steps:

1. Practice active listening when someone shares their story.
2. Avoid minimizing their experience or offering unsolicited advice.



Share: Talk to a friend or family member about what you **learned** from this memoir.



I Feel Real Guilty - Action Step Cards



Advocate: Write to your local **representative** about including sibling sexual abuse in public policy conversations.





Support: Offer a listening ear to someone in your life who may need to **share** their story.





Reflect: Write a journal entry about how this memoir changed your **perspective** on healing and resilience.



I Feel Real Guilty - Action Step Cards



Empathy Exercise: Write a letter to your younger self. Imagine yourself at a time when you needed support most. What would you say to **encourage** or comfort your younger self? What would you want them to know about the future.

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Visualize Healing: Draw or describe what your **personal** “healing journey” looks like.

I Feel Real Guilty - Creative Activity Cards



Create your own "healing mantra."

Instructions: Think of a phrase that gives you **strength or comfort**. Write it down, decorate it, and place it somewhere visible as a reminder.





Write a gratitude list.

Instructions: List five things you're grateful for today. Big or small, anything counts. Reflect on how **gratitude** can help shift your perspective.





Visualize your safe space.

Instructions: Close your eyes and imagine a place where you feel completely at **peace**. Draw or describe this space in detail.





Build a support system.

Try this: Reach out to someone you trust and schedule a **regular check-in**, whether weekly coffee chats or video calls.



I Feel Real Guilty - Creative Activity Cards



Strength Redefined: Write a list of words that describe **strength** without using “strong.”



I Feel Real Guilty - Creative Activity Cards

🎵 Soundtrack to My Story 🎵

This playlist is a bit like my memoir: a mix of raw honesty, hope, and a dash of humor to get through the heavy moments. It includes songs from pivotal moments in my life—some bittersweet, others just plain sweet.

You'll find:

- ✦ The song I auditioned to when I began stripping (yes, that happened).
- ✦ The songs that got me through grief and challenging times.
- ✦ Steve and I's wedding song (and our first date song, too).
- ✦ Mark and I's wedding song holds its sentimental place.
- ✦ A few explicit tracks and some hard rock because life isn't always smooth—it's raw, honest, and unfiltered.

Heads up: This playlist isn't polished or perfect. Some songs may surprise you, and others might make you laugh, cry, or even gasp. It reflects the twists and turns of my journey. Feel free to skip a track or two if a bit of grit and explicit lyrics aren't your thing. But it's all part of the story—as messy and beautiful as life.

Tina Turner, "Simply The Best"

The Weather Girls: "It's Raining Men." (Yes, this was Steve and I's first date song and our wedding song!)

Neneh Cherry: "Buffalo Stance."

Def Leppard: "Pour Some Sugar On Me."

Def Leppard: "Love Bites."

Def Leppard: "Animal."

Limp Bizkit: "Break Stuff."

Limp Bizkit: "Rollin'"

Nine Inch Nails: "Closer."

Nazareth: "Hair of the Dog." (This is the song I auditioned to when I began stripping!)

Tone Loc: "Wild Thing."

Salt-N-Pepa: "Push It."

Bob Segar: "Turn The Page."

Phil Collins: "In The Air Tonight."

Evanescence: "My Immortal."

Everlast: "What It's Like."

I Feel Real Guilty - Playlist



Scan me!

Aerosmith: "Ragdoll." (One of my top stripper acts.)
Madonna: "Like A Virgin." (One of my top stripper acts.)

Adam Lambert: "Underneath."
Seather: "Nobody Praying For Me."
George Michael: "I Want Your Sex."
Los Del Rio: "Macarena."
Quad City DJ's: "C'Mon n' Ride It."

Special Note: I had to cut the Train song. It was almost five minutes long, and I couldn't even make it through. What were we thinking back then? If you're still a fan, bless you—but it didn't make the final cut!

Frank Sinatra: "The Best Is Yet To Come."
Chevelle: "Send The Pain Below."
3 Doors Down: "Here Without You."
Audioslave: "Show Me How To Live."
Don Henley: "The Boys of Summer."
Lincoln Park: "Numb."
Whitesnake: "Here I Go."
Avril Lavigne: "I'm With You."

I Feel Real Guilty - Playlist



Scan me!

Dear Reader,

Thank you for reading my memoir, stepping into my story, and allowing it to become a part of your own.

I believe in the power of **stories** to connect us. While our experiences may differ, our emotions—the joys, the sorrows, the moments of resilience—have a way of weaving us together.

If my memoir has touched you, inspired you, or made you reflect on your own life, I hope it has also reminded you of the strength and courage within yourself.

Writing a book **review** might initially sound intimidating, but I want to gently encourage you to consider sharing your thoughts on Amazon or Goodreads. Reviews are one of the most meaningful ways to help stories like mine reach others who might need them. Even a sentence or two—a few words about what stood out to you or why the book mattered—can make a big difference.

Sharing our stories can bring light to even the darkest corners of our lives. If my words have encouraged you to share your story, whether it's with a friend, a family member, or the world, know that **your voice matters**. Someone out there needs to hear what you have to say, just as I needed to write what was on my heart.

Thank you for being part of this journey toward understanding, connection, and healing.

With gratitude,
Jane

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Watch Jane's TEDx talk here:



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