

the GLOSS

EVERYONE BUT MYSELF

JULIE CHAVEZ

1. Rate the book from 1-5.
2. Julie's breaking point comes quietly, not dramatically. Was there a moment in the book where you saw yourself, or someone you love, on the page?
3. The title says it all. What did "everyone but myself" look like in your own life, at any stage?
4. Julie spends a long time not naming what's happening to her. Why do you think it took so long for her to say the word anxiety out loud?
5. The physical symptoms hit before the emotional understanding does. Did that resonate with anything you've experienced or witnessed?
6. How did you feel about the way medication is talked about in the book?
7. Julie is a mother, a wife, a daughter, a friend, a librarian, and somewhere in there, a person. Which of those roles do you think she lost herself in first?
8. The book gets at the cost of being the one who holds everything together. Who in your life carries that load?
9. How did you read her marriage? What worked, what was strained, and what shifted by the end?
10. Julie's friendships, especially with the people she trusts at her lowest, are some of the most tender parts of the book. What did her friends do right?
11. How has your understanding of friendship changed at different stages of your life?
12. If you were going to write your own "everyone but myself" chapter, what season of your life would it cover?
13. Julie says "You don't know until you know" did this resonate with you at all and what are some of the things you didn't know until you did?