

BOOK CLUB GUIDE

Chapter 1

1. Describe a situation when you needed to just shut up and listen. No justifying, no pleading, no trying to convince someone that you were right—just a time your mouth needed to close, and your ears needed to open. How did you feel?
2. When have you felt a strong sense of accomplishment and pride as a result of you doing the right thing—even when it was extremely difficult?
3. What value might you see in offering to be contrite, vulnerable, and truly remorseful in a situation where you’ve wronged someone else?

Chapter 2

1. What evidence do you see that we have a worldwide epidemic of people needing to be right?
2. When have you seen challenges in your own life, community, and so on associated with “who’s right” (wars, political infighting,

WHAT'S RIGHT, NOT WHO'S RIGHT

greed, family divisions, terrorism)?

3. Can you envision what the results might be of setting expectations through “agreements together” before meetings start? Before decisions are made?

Chapter 3

1. What are the causes behind our tendency to tend to render instant judgment without healthy curiosity?
2. What are your views about the acceptability of “alternative facts”?
3. Have you seen examples of the “ignorance, stupidity, evil progression” in conversations you’ve had with others?

Chapter 4

1. What tradeoffs do you see related to the following idea: You can be right, or you can be happy—choose one.
2. Watch “The Power of Vulnerability” TED Talk. What themes from Brené Brown’s talk speak to you most deeply? (Go to www.ted.com.)

com/talks/brene_brown_on_vulnerability.)

3. When have you experienced a lack of our most basic human need—connection—in your life?

Chapter 5

1. What does the distinction between “balance” and “centeredness” mean to you?
2. What are your most profound “used-to-thinks”—and what was involved in your process of discovering them?
3. What might happen if you were willing to reconsider something that you absolutely believe is true—even for a moment?

Chapter 6

1. How would you describe your relationship with conflict? Do you do everything you can to avoid it? Do you understand its value? Do you create it intentionally? What might be different for you if you had a different relationship with conflict?
2. What are your triggers—things that bring

about conditioned responses? What situations (people, places, events, etc.) are most likely to trigger you?

3. Have you considered the role you play in triggering others (children, spouses, employees, neighbors, etc.)? What if you were more intentional in your approach to communication—and honored your desire to stop triggering others?

Chapter 7

1. What might change in your daily life when you have the awareness that each person is struggling with some form of suffering?
2. Are there times and places where a simple act of compassion and empathy (the act of just rubbing someone's feet) has profoundly affected you?
3. Stop, take a moment, and consider someone else's story. What insights can you draw from the past that are related to someone's reaction in a situation?

Chapter 8

1. Have you ever considered—by relative percentage—the tiny percentage of our DNA that is related to appearance? What does this insight trigger for you?
2. How do you feel about the idea that we innately and unconsciously separate and categorize when it comes to “other” people?
3. Are there other examples in which you’ve seen yourself or others around you humanizing “the other” through shared experiences (as in the story about the New York subway above)?

Chapter 9

1. How good are you at choosing the energy you bring into a situation? If it’s easy, why? If it’s difficult, how come?
2. Are you naturally able to take on a “beginner’s mind” when you start to learn something new? Or do your biases and conditioned ways of thinking get in the way?
3. How does the provocative description of the

WHAT'S RIGHT, NOT WHO'S RIGHT

Good Samaritan story make you feel? How likely is it that we might experience a version of that story today?

Chapter 10

1. Describe a situation where you've found yourself in the midst of conflict because someone is defending a position as opposed to searching for deeper interests.
2. What has led up to our society's preference to *not* look for "both-and" answers and instead move toward "either-or" thinking?
3. What comes to mind when you consider the Building Bridges approach to get teenage girls to experience the heartbeat in one another?

Chapter 11

1. When you're in the midst of a challenging situation, what might happen if you were able to check the energy you're bringing and shift your energy to a more productive place?
2. What's your reaction when you think of the

words “humble” and “vulnerable”?

3. Are you able to regularly give of the purity of your attention to others, or are you more frequently distracted by something (such as emails, texts, Facebook postings, eavesdropping)?

Chapter 12

1. Have you found yourself in a truly toxic, dysfunctional situation (at home or at work)? What was your response?
2. How do you feel about the notion that shifting worldviews starts with us, individually? Are you the type who says, “As soon as you’re done changing, everything will be fine”?
3. How open are you to the possibility that truly remarkable outcomes are possible even in the face of “evidence” that tells you it’s impossible?

Chapter 13

1. Are you someone who finds yourself disappointed or frustrated when faced with

WHAT'S RIGHT, NOT WHO'S RIGHT

someone's imperfection (for example, bad service at a restaurant or an oversight by a coworker during a meeting)?

2. How do you feel about the notion that how you do anything is how you do everything? Can you “be” two different people in two different situations?
3. Do you believe that love is universal—in relationships (kids, spouse, friends), in business, in politics, with the environment—or is love something situational (it belongs here but not there)?