

As Familiar As Family

Self-Reflection & Discussion Guide

Intro

1. Nicki Pappas begins her memoir with an experience of direct spiritual abuse. Why do you think she starts with this scene? How does this theme resurface throughout the book?

Section 1 - I

2. What are a few misbeliefs you picked up in childhood that have shaped you?

3. Do you have any direct connection to white evangelicalism? If so, how has it impacted you? If not, how might indirect exposure have impacted you?

Section 2 - lived for

4. What is your relationship to codependency and enmeshment?

5. How was Nicki's identity tied to relationships and roles throughout her life? How did her identity shift?

Section 3 - the approval of

6. Which religious messages were toxic for Nicki and how do you know? Have you internalized toxic religious messages? If so, how did they affect you?

7. How has the desire to belong shown up in your life?

Section 4 - someone else

8. The book title is a phrase from chapter 22. What is the significance of this phrase for this book?

9. How can you support and be a safe person for people who have been abused?

Section 5 - and lost

10. What emotions do you think Nicki was feeling in the conversation she had with the pastors before leaving the church she named Entrench? What emotions were you feeling during that scene?

11. What moments were turning points in Nicki's life? Could you relate to any of them?

Section 6 - myself.

12. Have you experienced spiritual abuse? What practices have helped you heal? What new practices could you try?

13. How have curiosity and compassion influenced Nicki's spiritual journey?

Outro

14. Which communities welcomed Nicki throughout her life? What purpose did each community serve? Which nurtured her successfully and how?

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