

# LIVE LOVE NOW

RELIEVE *the* PRESSURE  
AND FIND REAL



WITH OUR KIDS

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A PDF COMPANION TO THE AUDIOBOOK

## CHAPTER 1

# UNSEEN AND UNHEARD



### REFLECTION QUESTIONS

1. In what ways do you feel in tune or out of tune with your intuitive/trupest voice? How have you let it guide you recently? What, if anything, interferes with your ability to hear or trust your trupest voice?
2. In what ways recently have you allowed the young person in your life to fully express what he or she is feeling or thinking? In what ways have you suppressed his or her trupest thoughts and emotions?
3. If the young person in your life was asked to list people who allow him or her to be authentic, do you think you would be on the list? Why or why not?
4. Think of three people you would describe as living authentically. What traits do they possess? Which of those traits would you like to cultivate? Write a daily intention that helps you take one small step toward living more freely as yourself.
5. How might a more authentic, accepting version of you benefit the young person in your life?

## CHAPTER 2

# REJECTED



### REFLECTION QUESTIONS

1. What are some ideals you have for yourself and/or your kids that make life harder?
2. If you were to release yourself from the role of evaluator, what do you fear might result? What might you gain?
3. How might you reinforce the value and worth of the young people in your life without using external measures or societal definitions of success?
4. What would it look like if you loved yourself or the kids in your life unconditionally? How might you make one of those ideas a reality today?
5. Name one “key” you hold and describe how you might use it to open a door for someone you love.

## CHAPTER 3

# ADRIFT



### REFLECTION QUESTIONS

1. How dependent are you on technology? For example, how quickly do you look at your phone when you wake up in the morning? Is it difficult to then put the phone down? Is technology part of your bedtime or mealtime routine? Do you ever do things in your spare time without your phone? Do you routinely turn off your phone? In what ways has technology dependence negatively impacted your life, your health, or your relationships?
2. What is one change you would like to make around technology, and what steps will you take to do so?
3. How often do you talk to the young people you love about their digital lives? Do you feel you could know more about what apps, websites, and games they are into? Do you feel like they could benefit from more talks about how to navigate the online world? If so, how might you go about it? What might you say?

4. What worries you most about your own technology consumption? About your child's technology consumption? What actions or conversations might you have to address that concern?
5. How might you be more of an Encourager rather than an enforcer in respect to your kids' technology use? What might be some benefits of adopting that role?
6. Do you feel satisfied with the number of non-screen activities you do with the young people in your life each week or month? What steps might you take to increase those experiences? How might you involve the young people in your life in planning those activities and experiences?

## CHAPTER 4

# MICROMANAGED



### REFLECTION QUESTIONS

1. Overall, how would you describe the balance between requiring obedience and allowing freedom in your parenting? Which do you tend to rely on more? In what areas, if any, would you like to approach things differently?
2. If you were to release yourself from the role of manager, what do you fear might result? What might you gain?
3. Over the past week, how often would you say you allowed your adolescent to feel the power of responsibility, make choices, and/or solve problems in order to discover his or her own identity? In what ways might you give your teen even more autonomy during the week ahead?
4. What do you want to see when you envision your adolescent as a young adult? How does this match what he or she envisions for him or herself? How might you move toward supporting your adolescent's aspirations while also helping him or her develop self-governing skills?
5. When recently did you choose love when you could have chosen something else? Take a moment and recognize the significance of it. What other "right" choices can you affirm?

## CHAPTER 5

# WORRIED



### REFLECTION QUESTIONS

1. The pressure to constantly *do*, to be active and productive, puts stress on everyone in the family. When was the last time you spoke to the young person in your life about his or her schedule? Is there something he or she would like to stop doing? Is there a way to simplify and allow for some downtime and freedom to play?
2. Briefly reflect on your interactions with the young people in your life over the last few days. What have been your responses when they expressed negative emotions, pain, or worry? How do you feel about your responses? Is there anything you would like to do differently in the week ahead?
3. What are your go-to coping strategies when you feel stressed, depressed, overwhelmed, or sad? Do you ever share your struggles with the young person in your life, as well as what you did or are going to do about it? How might you build a strong family narrative about how to handle such issues in the upcoming weeks and months?

4. In what ways do you make yourself available to listen when the young person in your life wants to talk?
5. What is one of your favorite belief statements or lifelines to say when the young person in your life is facing tough times?
6. Describe how you took a painful experience and transformed it into purpose. If nothing comes to mind, consider a past or current pain from your life that you could “put work boots on . . . send out into the world . . . and give a job,” as Laura Parrott Perry says.<sup>11</sup> What might that look like?

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11. Laura Parrott Perry, “Freedom Song,” *Laura Parrott Perry* (blog), August 16, 2019, <https://lauraparrottperry.com/freedom-song/>.

## CHAPTER 6

# NOT ENOUGH



### REFLECTION QUESTIONS

1. How do you typically experience pressure? Does it come from internal or external sources? In what ways, if any, does the pressure you feel affect the people you love? Describe one step you will take to relieve the pressure you are experiencing or cope with it in a healthy way.
2. Author Peggy O'Mara says, "The way we talk to our children becomes their inner voice." If this is true, what would the inner voice of your child sound like today? What changes, if any, would you like to make in the way you communicate with the young people in your life? Describe the specific changes and one small step you will take to begin.

3. While it is not in our power to give our kids a sense of purpose, we can give them space and opportunity so they can hear what they are being called to do. What are some ways you plan to give the young people in your life space and opportunity to explore their inner and outer world and discover what is meaningful to them? How will you set the example for a meaningful, heart-led life?