

Note questions are subject to change.

Please vote for books here: <https://forms.gle/UoUzBM33PZ8rdGRU9>



Previous books:

03/2024	No Bad Parts by Richard Schwartz
04/2024	"What My Bones Know: A Memoir of Healing from Complex Trauma" by Stephanie Foo
05/2024	"It Didn't Start with You" by Mark Wolynn
06/2024	Dopamine Nation
07/2024	"Say What You Mean" by Oren Jay Sofer (NVC)
08/2024	"Come As You Are" by Emily Nagoski
09/2024	[Write-In] Come Together Emily Nagoski
10/2024	"Letters to a Young Therapist"
05/2024	"Sometimes Therapy is Awkward" by Nicole Artz
06/2025	"The Body Keeps the Score" by Bessel Van Der Kolk
07/2025	"Adult Children of Emotionally Immature Parents" by Lindsay C. Gibson
08/2025	"The Highly Sensitive Person" by Elaine N. Aron
09/2025	"Running on Empty"
10/2025	"In The Realm Of Hungry Ghosts" by Gabor Maté
11/2025	"Anchored: How to Befriend Your Nervous System Using Polyvagal Theory" is a book by Deb Dana
12/2025	

Book questions:



October

Part I: Personal Reactions

1. Which personal story or case study stood out to you most? Why did it affect you?
 2. How did Maté's vulnerability about his own behavioral addictions shape your trust in him as a narrator?
 3. Did your views on addiction shift after reading the book? In what ways?
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Part II: Understanding Addiction

4. Maté challenges the belief that addiction is a choice. How convincing was his argument that addiction is rooted in trauma and brain development?

5. What role do childhood experiences play in addiction, according to Maté? Did this align with your own understanding?
 6. How does Maté's concept of the "hungry ghost" help us reframe addiction as a response to suffering rather than a moral failing?
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Part III: Societal Reflection

7. Maté criticizes the punitive model of drug policy. What are your thoughts on his call for a compassionate, medical approach?
 8. How does poverty, racism, and systemic inequality contribute to addiction, based on Maté's analysis?
 9. What parallels can you draw between Maté's work in Vancouver's Downtown Eastside and your own local community?
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Part IV: Healing and Compassion

10. How does Maté define compassion, and how can it transform the treatment of addiction?
 11. What do you think of his emphasis on connection, presence, and spiritual healing in recovery?
 12. Maté mentions that "only when compassion is present will people allow themselves to see the truth." How can we cultivate more compassion in ourselves and others?
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Part V: Broader Implications

13. How should the criminal justice system evolve in light of Maté's findings?
14. What role do schools and parenting play in either preventing or exacerbating addiction?
15. If you could recommend one policy change based on the book, what would it be and why?

Final Reflection

16. What's one thing you'll take with you from this book?
17. How might this book change the way you view people who are struggling with addiction in everyday life?
18. Would you recommend this book to someone affected by addiction—either directly or indirectly? Why or why not?

November 4, 2025

Part I: Personal Connection

1. What drew you to this book? Did you have any prior knowledge of Polyvagal Theory?
2. Which nervous system state (ventral, sympathetic, dorsal) do you find yourself in most often? Did the book help you understand your patterns better?
3. What does being “anchored” mean to you personally, and how did that evolve through the book?

Part II: Understanding the Science

4. How would you explain Polyvagal Theory in your own words after reading the book?
5. Deb Dana describes the nervous system as shaped by connection and disconnection. How did this perspective shift your understanding of mental health or trauma?
6. What was most surprising or eye-opening about how the nervous system responds to safety and threat?

Part III: Practices and Tools

7. Which of the regulating practices or exercises (like glimmers, anchors, or mapping your ladder) felt most helpful to you?
 8. Were there any exercises you found challenging, confusing, or difficult to integrate into daily life?
 9. How can you use the “anchor” concept in stressful or triggering moments? Have you tried it yet?
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Part IV: Relationship and Community

10. How can Polyvagal Theory help us show up better in relationships?
 11. Deb Dana says that regulation happens in connection. What role does co-regulation play in your life right now?
 12. Have you noticed changes in how you communicate with others since learning about your nervous system states?
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Part V: Integration and Growth

13. If you could create a “regulation toolkit” for yourself, what would be in it now?
 14. What would you say to someone who dismisses nervous system regulation as “too soft” or “not real science”?
 15. How does this book complement or challenge other personal growth or healing work you’ve done?
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Final Reflections

16. What’s one quote or passage that stayed with you?
17. How will you apply the teachings from *Anchored* moving forward—in your personal life, relationships, or work?

18. Would you recommend this book to a friend or therapist? Why or why not?