

Leave Me

Questions for Discussion



QUESTIONS FOR DISCUSSION

1. What factors contribute to Maribeth's decision to leave her family? How would you characterize that act? How might putting herself first be the right thing to do for her family in the long run? What would you have considered in making that decision?
2. Does Maribeth know how to ask for help—or how to accept it? Do you think asking for help is a sign of weakness? A sign of strength? How might men and women approach this differently?
3. The friends Maribeth meets in Pittsburgh mirror the family she left behind (twins, spouse, mother). Is that intentional? What does she get out of this new “family”?
4. How would you characterize Maribeth's relationship with Dr. Grant? Why are they drawn together? How do they help each other?

5. How do Maribeth's swimming lessons relate to her recovery? What does she learn about vulnerability or about her own competence? What personal challenges—either physical or emotional—does swimming help her face?
6. How do Maribeth's discoveries in Pittsburgh reframe her feelings toward Jason and Elizabeth? Toward her children?
7. When Maribeth learns details about her birth mother, how do her feelings about herself change? What do you think she had been hiding from herself?
8. Like many women and mothers, Maribeth makes lists and detailed plans in hopes of keeping her busy life from spinning out of control. What do you think she's lost by being so structured? What do you think she learns by giving up control?
9. Do you think Maribeth will be able to incorporate her new attitude into her work, her friendships, and her relationships with her husband and children? How do you think people learn to break patterns in relationships?