



Discussion Questions for LET'S HOPE FOR THE BEST

1. **GUILT:** There are strong themes of feelings of guilt and shame in Carolina's story. Why is it that she has such a hard time forgiving herself for who she'd been and what she'd done? Is she being too hard on herself? Why? Is this a specifically female tendency? Have you read any male stories about feeling this kind of guilt?
2. **RELATIONSHIPS:** Carolina describes herself as being the one who pushed relationship (and her partner) forward in order to make things happen faster. Was she pushing too hard? When reading her story, did you ever feel like a better option would be to leave her partner and their relationship to live her life in the pace she wanted to? How can you handle these kinds of differences when becoming a couple / family?

3. **AUTOFICTION:** Is it possible to read Carolina's story as a novel / fiction? Since she lived through these kinds of events herself (and talks about the book in that way), do you think it would be better to call it biographical? What do you think made the writer / publisher call it fiction / novel and not a memoir?
4. **PERSONAL TRAITS:** Carolina presents herself to be, sort of, two different people in close relationships. With Aksel she is the pushy one, the restless one, the one who forces the relationship forward. In the second part, she freezes, becomes more like Aksel. What are your thoughts on how different dynamics changes people's personal traits?
5. **PARENTHOOD:** Is this also a story of becoming a parent and facing the difficulties in being responsible for another human being? What aspects of Carolina's parenting stood out to you?
6. **LONELINESS / ISOLATION:** Carolina describes a feeling of alienation and loneliness, not just after her loss but also before. Why is that, do you think? How can people, in general, connect to each other when every person is different to one another and every relationship means at least some amount of compromising. What is it that Carolina doesn't get hold of?
7. **GRIEF:** Carolina describes a grief process that is more than just sadness. She is angry, envious, bitter and jealous. Do you think these feelings belongs to the grief, but people generally don't tend to talk about them as much as the other, "clean" feelings? Why?
8. **PASSION:** Carolina dreams of more passion / adventures in her life when she lives with Aksel. Then she meets a passionate man and freezes and becomes terrified. Is there ever a perfect amount of passion / boredom / safety / connection in a relationship? Do we always wish for a bit more of any of them?