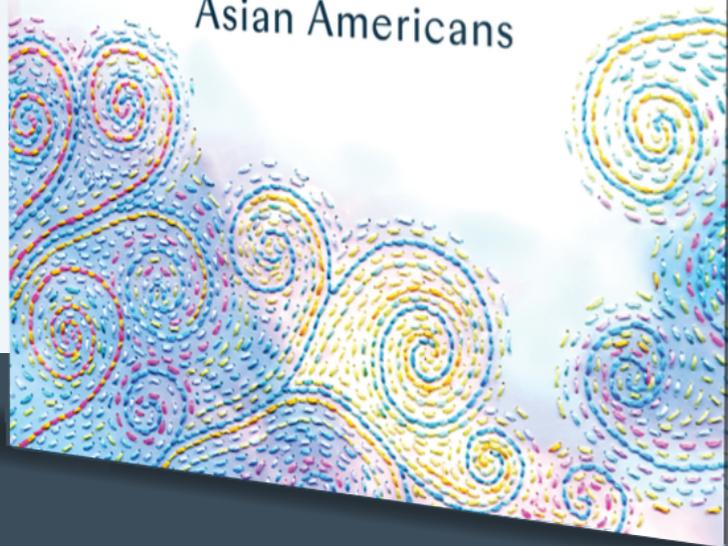


JENNY T. WANG, PhD

# PERMISSION TO COME HOME

Reclaiming Mental Health as  
Asian Americans



**BOOK CLUB KIT**

---

# DISCUSSION QUESTIONS

---

1. In chapter 1, Dr. Wang encourages us to be curious and question the frameworks that have thus far dictated how we show up in our lives. Acknowledging that outside our ingrained mindsets we may feel untethered or confused about how to make decisions, she introduces values-based living to help guide our questions and assist us to explore who we would like to be moving forward. Revisit your own core values. How do they point you toward a life that feels authentic and aligned with who you would like to be?

2. Some of us may experience guilt for acknowledging what we do not like about our lives or for being unhappy when our lives seem comparatively more privileged than those of our parents. Do you struggle to acknowledge your own unique hardships because they don't seem "as bad" as those your parents have encountered? How might you allow yourself to acknowledge that both your struggles and those of your parents are valid and deserving of empathy and compassion?

3. In chapter 3, Dr. Wang explores some internalized messages we may have received about anger. What messages have you received about anger throughout your childhood and adult life? How have these messages shaped and changed how you approach your anger? How might your anger be trying to protect you?

4. Anger that goes unacknowledged and unnamed is pushed underground, where it can grow roots. Does this image resonate with you? Are there spaces in your life in which your unexpressed anger may have taken root and become rage? How do the effects of this appear in your life?

5. In chapter 4, we explore boundaries and how they allow us to stay connected with others while holding our own needs as an important part of the equation. How has your family of origin shaped how you relate to boundaries? How has your culture influenced how you relate to boundaries?

6. When you consider your relationship with your parents, has it ever felt more transactional versus relational? What are the currencies (attention, respect, achievement, wealth, or status, for example) that exist within this relationship? What do you wish this relationship might be like instead?

# DISCUSSION QUESTIONS

---

- 7. In chapter 8, Dr. Wang suggests that rest isn't something we earn; rather, rest serves as the fuel for future work, goals, and dreams. What models of rest and play did you have throughout your childhood? How have those models translated into your current life?**
- 8. Dr. Wang introduces the idea of the "third space," a space "between worlds and within margins," often occupied by children of immigrants and adoptees. Does this resonate with you? What might this third space represent to you?**
- 9. Some of the losses that children of immigrants might experience can come through assimilation. What have you lost through assimilation? What has it cost you along the journey?**
- 10. Can you share a goal you've been afraid to pursue because the fear of failure is so strong? Now consider how you might develop SMART goals (specific, measurable, achievable, realistic, and time-bound). Brainstorm with your community or reading group and consider the feedback that they offer as you build action steps to combat that fear.**