

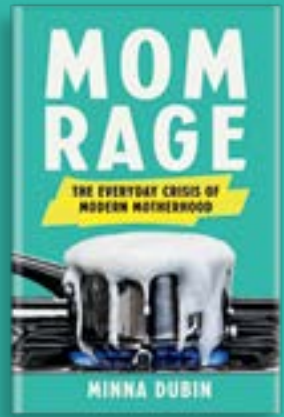
MOM RAGE

**THE EVERYDAY CRISIS OF
MODERN MOTHERHOOD**

MINNA DUBIN

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CHAPTER 1: THE HOUSE OF MOM RAGE

- **WHAT IS THE “MOM RAGE BASEMENT”? HOW CAN EXPLORING IT HELP US BETTER UNDERSTAND MOTHERS AND THEIR ANGER?**
- **“MOTHERHOOD IS SO PUBLIC, AND EVERYONE HAS AN OPINION.” WHEN HAVE YOU EXPERIENCED OR WITNESSED PUBLIC JUDGMENT OF MOTHERS IN THEIR “IMPERFECT” MOMENTS?**
- **MOTHERS OFTEN STAY SILENT ABOUT THEIR RAGE DUE TO SHAME. WHEN HAVE YOU FELT ASHAMED ABOUT YOUR MOM RAGE, AND HOW HAVE YOU COPEDED WITH IT?**

CHAPTER 2: THE SCAM OF MOTHERHOOD

- **WHAT IS INTENSIVE MOTHERING? WHAT DEMANDS DOES IT MAKE OF MOTHERS AND HOW IS IT CONNECTED TO PRIVILEGE?**
- **HOW HAVE YOU ENCOUNTERED “MOTHERHOOD’S PR TEAM” IN YOUR OWN LIFE? WHAT HAVE YOU BEEN TOLD ABOUT MOTHERHOOD, AND ARE THESE IDEAS TRUE?**
- **ANYONE CAN “MOTHER,” BUT THE ROLE OF THE PRIMARY PARENT OFTEN FALLS ON WOMEN. HOW DID THIS IMBALANCE COME ABOUT? HOW HAVE YOU EXPERIENCED OR WITNESSED THE UNEQUAL DIVISION OF PARENTAL LABOR?**

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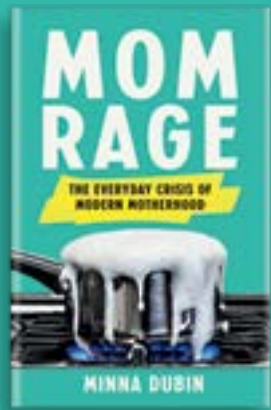
CHAPTER 3: WHO CARES FOR THE CAREGIVER?

- **WHY DOES MINNA CALL THE AMERICAN CARE INFRASTRUCTURE “MONEY OR MOMMY”? WHEN HAVE YOU ENCOUNTERED THE DEFICIENCIES OF THE AMERICAN CARE SYSTEM IN YOUR OWN LIFE?**
- **WHY DID MINNA WANT TO VOLUNTEER TO BE A ROOM PARENT, AND WHY DO MOTHERS LIKE CASSANDRA DO UNPAID LABOR IN PTAS? WHAT DO THEIR ACTIONS REVEAL ABOUT CHILDCARE IN SCHOOLS?**
- **“BY RAGING, WE’RE CALLING BULLSHIT ON THE SCAM OF MOTHERHOOD.” WHAT IS THE SCAM OF MOTHERHOOD, AND HOW MIGHT MOM RAGE HELP END IT?**

CHAPTER 4: MATRESCENCE AND THE GASLIGHTING OF MOTHERS

- **HOW ARE MOTHERS GASLIT ON A DAY-TO-DAY BASIS? WHEN HAVE YOU EXPERIENCED GASLIGHTING IN YOUR OWN LIFE AS A MOTHER OR WITNESSED THE GASLIGHTING OF OTHER MOTHERS?**
- **WHY WAS IT SO SHOCKING FOR PEOPLE TO HEAR MINNA SAY “I NEED TO NOT BE HIS MOTHER”? HOW ARE “GOOD MOTHERS” EXPECTED TO ACT?**
- **WHEN THE AUTHOR ASKED JOELLE TO DESCRIBE A MOMENT OF MOM RAGE, SHE RESPONDED “YOU’RE NOT GOING TO TAKE HER AWAY.” WHY DID JOELLE HAVE THIS REACTION, AND WHAT DOES THIS TELL US ABOUT THE PUBLIC SCRUTINY AND PRESSURE THAT MOTHERS FACE?**

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CHAPTER 5: THE MOM RAGE CYCLE

- **WHAT ARE THE FIVE PHASES OF THE MOM RAGE CYCLE? HOW DOES THE MOM FEEL IN EACH OF THE PHASES?**
- **WHAT DOES IT MEAN TO PLAY “EMOTIONAL WHACK-A-MOLE”? WHEN HAVE YOU PLAYED THIS GAME WITH YOUR OWN ANGER, AND HOW DID IT MAKE YOU FEEL?**
- **MINNA SHARES CALMING TECHNIQUES WITH HER SON. MAGGIE FORMS A LISTENING CIRCLE WITH HER DAUGHTERS. WHAT ARE SOME STRATEGIES THAT YOU HAVE USED TO REPAIR RELATIONSHIPS AFTER A MOMENT OF RAGE?**

CHAPTER 6: INVITE YOUR RAGE TO TEA

- **WHAT DOES IT MEAN TO INVITE YOUR RAGE TO TEA, AND HOW CAN DOING SO IMPROVE YOUR MENTAL WELL-BEING?**
- **SOMETIMES, UNDERNEATH RAGE IS FEAR. WHEN HAVE YOU EXPERIENCED RAGE AND WHAT FEARS WERE LURKING UNDERNEATH?**
- **MINNA HAS BEEN ANGRY AT HER BROTHER, HER FORMER BOYFRIEND, AND HER HUSBAND FOR MAKING HER FEEL POWERLESS AS A WOMAN. HOW HAVE GENDERED EXPERIENCES CONTRIBUTED TO YOUR MOMENTS OF RAGE?**

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CHAPTER 7: RESCUE YOUR PARTNER FROM ENEMY TERRITORY

- **HOW IS “DAD RAGE” DIFFERENT FROM “MOM RAGE”? HOW DO DOUBLE STANDARDS SHAPE OUR PERCEPTION OF ANGRY MEN VERSUS ANGRY WOMEN?**
- **BY ASKING PAUL TO HELP HER IN RECOGNIZING HER RAGE, MINNA WAS ABLE TO OPEN UP TO HER HUSBAND ABOUT THE EMOTIONS THAT UNDERLIE HER ANGER: SADNESS, SHAME, AND FEAR. HOW CAN PARTNERS SUPPORT EACH OTHER IN MOMENTS OF RAGE TO FOSTER MUTUAL UNDERSTANDING AND COMPASSION?**
- **“FATHERHOOD IS A SIDE GIG.” DO YOU AGREE WITH MINNA THAT MEN RETAIN THEIR IDENTITIES EVEN AFTER BECOMING FATHERS, WHILE WOMEN WHO ARE MOTHERS DO NOT? HOW HAVE YOU EXPERIENCED OR WITNESSED THIS IN YOUR OWN LIFE?**

CHAPTER 8: BETTER POLICY? YES, AND...

- **WHAT ARE SOME HEALTHCARE AND LABOR POLICIES THAT WOULD HELP ALLEVIATE MOM RAGE?**
- **WHAT IS AN “ETHIC OF CARE” AND WHY IS IT CRUCIAL IN ENACTING THE POLICIES THAT MINNA DISCUSSES?**
- **HOW DOES THE AUTHOR RESPOND TO PEOPLE WHO OBJECT TO CARE REFORM BY CRITICIZING ITS COSTS? HOW WILL PRO-MOTHER POLICIES BENEFIT SOCIETY IN THE LONG RUN?**

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CHAPTER 9: BEYOND THE NUCLEAR FAMILY

- **THE NUCLEAR FAMILY IS THE OVERWHELMINGLY DOMINANT FAMILY MODEL IN THE US, BUT WHAT CONSEQUENCES DOES IT HAVE ON CHILDCARE AND PARENTS' WELL-BEING?**
- **WHAT ARE SOME EXAMPLES OF ALTERNATIVE FAMILY MODELS THAT CAN ALLEVIATE PARENTS' BURDEN AND IMPROVE THE QUALITY OF CHILDCARE?**
- **IN THE END, MINNA CALLS FOR MOTHERS TO BUILD STRONG SUPPORT NETWORKS WITH THE PEOPLE AROUND THEM. WHEN HAVE YOU RELIED ON YOUR SUPPORT NETWORK AS A PARENT, OR WHEN HAVE PARENTS COME TO YOU FOR SUPPORT?**

GENERAL QUESTIONS

- **WHAT IS THE MOST SURPRISING THING YOU HAVE LEARNED?**
- **WHAT PIECES OF ADVICE FROM THE BOOK DO YOU THINK ARE MOST USEFUL IN YOUR OWN LIFE?**
- **HOW HAS YOUR UNDERSTANDING OF YOURSELF AS A MOTHER OR THE MOTHER YOU LOVE EVOLVED?**