

Monica DiCristina



YOUR PAIN HAS A NAME

**A Therapist's Invitation to
Understanding Your Story and Sorting Out
Who You Are from What Hurts**

Reader's Group Guide

DISCUSSION QUESTIONS

Healing and Self-Discovery

1. Monica DiCristina writes about her own journey of identifying and naming her pain. How did her personal story resonate with you, and did it help you see your own pain differently?
2. What do you think the act of naming your pain represents in the healing process? Why is it so significant for people to identify and label what they're experiencing?
3. Monica emphasizes the idea of separating our identity from our pain. How does this concept challenge or affirm your current understanding of how pain affects your self-worth?
4. What do you think it means to "reclaim your identity" in the context of the book? Can you think of any examples from your life where pain has shaped your sense of self in unhelpful ways?
5. How did you feel about the idea that not all wounds can fully heal, but that they can be understood? Does this perspective offer a sense of peace or frustration?
6. What does it mean to "embrace your healing" as Monica describes it? How can we release pain that no longer serves us while still acknowledging it?
7. Monica suggests that healing is a journey, not an end goal. How does this long-term view of healing compare to more conventional views of quick fixes or instant cures?
8. Discuss how you might begin your own process of naming the pain in your life. What fears or challenges do you anticipate in doing so?
9. Monica highlights the importance of giving voice to your pain. How might speaking about your pain with others or even to yourself help in its resolution?

DISCUSSION QUESTIONS

Therapeutic Techniques and Approaches

1. The book provides psychology-based tools for understanding and embracing pain.
Which of the techniques or exercises in the book stood out to you, and why?
2. What do you think about the concept of “nurturing curiosity” when it comes to addressing emotional pain? How can this approach help you deal with difficult emotions?
3. Monica suggests that our pain often stems from misunderstood or misidentified sources. How might your own experiences of anxiety, fear, or sadness be tied to unprocessed pain from the past?
4. In the book, the author discusses common emotional wounds like “not good enough” or “unworthy.” How can identifying these emotional narratives help us break free from harmful patterns?
5. The book talks about the importance of confronting your pain instead of avoiding it. How can avoidance of pain lead to more suffering in the long term?
6. Did you find any particular moments in the book where the therapeutic techniques felt especially useful or insightful? How do you plan to apply these tools in your own life?

The Connection Between Pain and Identity

1. Monica shares how her pain created false narratives about herself. What false stories have you noticed in your own life that may have been shaped by past pain?
2. How do you think identifying and confronting your pain can help you break free from these false narratives and get closer to your true self?
3. What is the relationship between pain and personal growth, according to the book?
Do you think that facing pain is essential for growth, or can growth occur without it?
4. How does the idea of “sorting out who you are from what hurts” apply to other areas of your life—such as relationships, work, or personal ambitions?
5. In what ways has the book helped you reframe the relationship between your past and your present self? How does this new perspective influence how you move forward?

DISCUSSION QUESTIONS

Emotional and Spiritual Growth

1. Monica connects emotional healing with spiritual growth. What are some of the spiritual insights or practices she mentions, and how do you think they can enhance the healing process?
2. Do you agree with Monica's assertion that understanding our pain can lead to spiritual clarity and personal peace? How has this idea shifted your understanding of emotional health?
3. Monica encourages readers to release the pain that no longer serves them. What does this release look like in a practical sense? Is it about forgiveness, letting go, or something else?
4. How might your own journey toward healing and self-discovery look if you fully embraced the process of naming and understanding your pain?
5. The book talks about the importance of nurturing self-compassion in the healing process. How can self-compassion be a tool for addressing deep emotional wounds, and why is it often difficult to practice?

LEAVE A REVIEW

I'd love to hear what you think! Please consider leaving a review of the book on a book review site, like GoodReads, or at the retailer or library where you got the book.

