



AVNI PAREKH

**BE
THE
BIGGER
PERSON**

A QUESTIONNAIRE FOR READERS

Hiya, book clubber!

I'm beyond thrilled that you've chosen to focus on self-help book *Be The Bigger Person* for your get-together! Regardless of how big or small your group is — or even if it's just you and your family — let these questions serve as a **starting point** to spearhead your discussions.

The goal here should be to figure out ways we can all work together to create lasting change in this world. I want you to **dig deep within yourself** to think of solutions to big problems, and how you can contribute to bettering yourself and our global community. Feel free to discuss the questions that resonate most powerfully within you!

{#AvzAdvice: Great fun when drinks and snacks are served!}

1. When you read through Chapter 1 — FAMILY — what is the first memory that comes to mind? Now, keep that thought in your head and dig a little deeper... Is it a fond or traumatic memory? Elaborate further if you feel comfortable.
2. Share the chapter(s) you wish your family would internalize? (*BTW, this is a coffee-table book meant to provide guidance to the entire family. Don't forget to put it in a place where everyone can access it!*)
3. Chapter 2 delves into the dynamics of friendships;
 - A) Name the friends that have always been there for you through thick and thin, and without passing judgment.
 - B) On paper, list out the friends who make you feel bad about yourself or that take advantage of your kindness and never reciprocate. Keep this list in a safe place and refer to it when you need the strength to break free of that one-sided friendship.
4. It's important to love yourself. Think about you as an individual; what is your superpower, talent, or gift? (**Hint* it's something that you're exceptional at and stands you apart from others*)

5. Thinking about where you are in your life journey right now, which chapter would you say resonates most with you?
6. Which quote, paragraph, or sentence in the book are you going to use as your mantra for the next month in order to better yourself?
7. Think of a time in your life when you were the bigger person? Talk through that struggle, if comfortable.
8. How did reading through Chapter 5, about the workplace, make you feel? Did you feel anger, indifference, or happiness? This is what those feelings are telling you:
 - A. Anger - you need to make a change for the better; preserve your sanity and health before it begins to take a toll on your wellbeing.
 - B. Indifference - you are worn out and simply going through the motions; this eventually leads to anger over time.
 - C. Happiness - you're doing what you love and don't mind making [little or big] sacrifices because you enjoy what you do.
9. When you think about airports and flying on airplanes, what is the most stressful situation you've been in? Do you have a plan in place if it were to ever happen again?
10. Have you ever been scared when driving? Talk about the experience that causes you fear or traumatized you. Now, what is the lesson in this situation that you can share to help other drivers?
11. Have you ever had a traumatizing encounter with someone you didn't know in public? What happened and how did you feel?
12. Which chapter(s) do you think society and your community could benefit from the most?

For more “Be The Bigger Person” resources, visit www.BTBPbook.com and check out the merch at www.BTBPshop.com