

ARE WE FRIENDS YET?



Book Club Discussion Guide

*Gather your people for the conversation we never
have out loud.*

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FOR BOOK CLUBS



WELCOME & HOW TO HOST

Thank you for picking up *Are We Friends Yet?*, and for getting your people in a room to talk about it. There is something kind of perfect about reading a book on friendship and then actually sitting with your friends to discuss it. However your group came together, you have already done something most people never do.

How to Host This Conversation

The secret to hosting is not doing more. It is figuring out what does not actually matter... and having the nerve to skip it. What matters is a conversation that leaves you feeling seen, heard, and more connected. What does not matter is a perfectly clean house, a fancy menu, or matching throw pillows. Those are all barriers to connection, not the path to it. Instead, think about how people will feel when they leave, saying, “Wow, I don't know if I've ever had a conversation quite like that. That felt like a space where I could really open up and share.” All you have to do is get everyone in the room, and let the conversation be enough.

- **Host imperfectly.** Your main objective is to hold space. That means welcoming people in, making sure everyone has been introduced around, and gently moving the group toward a sit-down conversation. Focus more on the overall mood than the pretty details. Takeout on paper plates is great. A potluck. A couple of frozen apps. What matters more is that everyone sits down and gathers together.
- **Direct the conversation.** You will not get to every question in the guide, and you should not try. Find the ones that spark something. If you try a question and it does not land, move on to another. If a question sparks intense conversation, let it breathe.
- **Leave space for curiosity.** This book gets personal, and people may share very real things. There are no right answers. There is nothing to fix or suggest. This is a conversation about listening, being present, and seeing people in their current reality, but also in their dreams, their struggles, and their obstacles.
- **Plan for about 60 to 90 minutes.** Works for groups of 3 to 12, in one sitting or split across multiple book club nights (*shucks*, an excuse to get together again?!).

BEFORE YOU BEGIN



OPENING QUESTION

Before the conversation gets going, give everyone a quiet moment, on their own or out loud together, to sit with this:

Why am I here? And how do I want to feel when I leave?

There are no right answers. Just notice what comes up, and let it shape how you show up tonight.



TALK IT THROUGH

DISCUSSION QUESTIONS

Choose the questions that resonate. A few per theme is more than enough for one good conversation.

Warm-Up

- Where did you learn about friendship, for better or for worse, and what did that teach you?
- Think of a moment when you felt really connected, to one person or to a group. Tell us about it. What made it stand out?
- Finish the sentence: “Lately, my friendships feel ___.”
- Finish the sentence: “In my life, I feel supported in _____ ways. I wish I had more support with _____.”

Taking Stock: Where You Are

- The book asks you to honestly map where you are. What surprised you when you actually did that?
- Is there an area of your life that feels like it is overflowing with connection right now? Is there one that feels like it needs some attention?

Boundaries, Time & Showing Up as Yourself

- The book reframes boundaries as bridges, ways of showing people how to connect with you best. How does that land compared to how you usually think about boundaries? Is there a proactive boundary you might consider setting?
- When you look at your “Do Less” List, did you realize you have more friendship strengths than you give yourself credit for? How do you feel about offering those strengths more freely?
- Finish the sentence: “Finding time for my friendships is _____.”
- Is there a new friendship habit you could start?

The Roots of Connection

- The book describes three kinds of roots: shared experience, emotional intimacy, and story. In your own words, and using your own friendships as examples, what do each of those actually look like?
- In the book, we talk about how a friendship shifting is not a personal failure. If you follow the roots, you can usually find the cause of the shift, and then intentionally choose whether to take action on that friendship or not. Can you think of a friendship that has shifted in your life? What was the root that changed? (That one might take a little help from the group to get as clear as possible.)
- The idea of “small intimacies” is that closeness gets built from tiny, low-risk moments, not just the big, vulnerable shares. What is a small intimacy you could offer more regularly?

Your People & Your Support System

- The Wheel of Connection is a holistic look at your entire support system (family, friends, community) as one interconnected web. Is there one area you have not been appreciating as much, when it comes to current or potential support?
- The book swaps “reciprocity,” or keeping score, for “nourishment.” Where have you been keeping score? What would change if you stopped?
- Are you more comfortable offering help or receiving help? Whichever one makes you more uncomfortable, what is getting in the way?

When Friendships Change: Nurturing & Letting Go

- The book treats friendships changing as natural, not as a failure. Are there friendships you have quietly been carrying as a failure? Can we look at them differently, through the lens of seasons, of growing and letting go, rather than as proof that something is wrong with you?
- Have you ever grieved a friendship that ended or faded? How did you make peace with it, or are you still working on that?
- Is there a relationship you have been holding to old expectations? What would it look like to update the story instead of ending the friendship?

Taking Action

- After reading, what is one belief about friendship you are ready to let go of?
- The book is all about messy action over perfect plans. What is one small, imperfect step you could take this week?
- Who is someone you want to invest in, and what is the very next thing you are going to do?



GROUP ACTIVITIES

DO IT TOGETHER

Pick one or two. These bring the book's ideas off the page and into the room.

1 • Map Your Wheel of Connection

About 10 to 15 minutes.

Hand out paper. Everyone sketches a quick wheel and fills in the people in each category: family of origin, formal community, acquaintances, familiar friends, defined friends, present friends, historic friends, and family of choice.

Then go around and share one thing that surprised you: a category that is overflowing, or one that is emptier than you expected.

2 • A Small Intimacy Round

About 10 minutes.

Practice the idea live. Go around the circle and have each person share one small, low-stakes intimacy they could offer more regularly. It might be: a current struggle, a small win, a quirk, a belief, or an honest truth about themselves.

The point is just to practice. To let people see what it feels like to offer something small and real.

Then, as a follow-up: does anyone's "small" offering feel like a big one to someone else in the group? Talk about the differences in what feels small versus significant across your group.

3 • One Friendship Goal

About 5 minutes.

Before you leave, everyone names one specific, doable friendship goal for the next month, and one person who could help hold them to it. Swap numbers. Consider a quick check-in before your next gathering.



CLOSING

BEFORE YOU GO

End wherever feels right. But here is one question worth landing on together:

What is one connection in your life you want to nurture after tonight? And what is the first small step you are going to take?

Here is what I want you to know before you go: getting yourself to book club, amidst all of life's other responsibilities, is something. You took the time to actually sit down and talk honestly about your friendships, your community, your connections, and your support system... with other people... out loud. That is something very few people take the time to do. Especially in the society we live in, where there is so much silence and shame around where we wish our connections were versus where they actually are. So much of it stays locked up inside people's heads and never makes it into the room.

You brought them into the room.

That matters. Not in a grand, world-changing way, just in the very real, very human way that honest conversations between people who care about each other actually matter. Thank you for having this one.

Bonus Reflection Opportunity for the Group

How do you feel right now, after talking about your friendships and connections out loud, in a room full of people?

Was it hard? A little scary? Strangely invigorating? Have your shoulders dropped, with a quiet sense of relief? Or is it more of a vulnerability hangover, where you are already replaying what you shared and wondering what everyone thinks?