

PRACTICAL RESOURCE

Book Club & Discussion Guide

A SON'S RECKONING

A gathering guide for clarity, emotional resonance, and group use



Dr. Carl L. Young, PhD

Research-informed companion resource

Opening Ritual

Begin with a moment of silence, candle lighting, or reading a quote from the memoir. Invite participants to share one word that reflects their emotional state or intention for the gathering.

Core Discussion Prompts

- What chapter or moment resonated most deeply with you, and why?
- What does reckoning mean to you in family, identity, or healing?
- How does Carl's story mirror, challenge, or expand your own understanding of family, identity, or healing?
- What does “reckoning” mean to you in your life right now?
- Where do you see cycles repeating and where do you feel called to interrupt them?

Symbolic Exploration

- Lineage Tree: Reflect on inherited patterns, both spoken and unspoken.
- Silence as a Character: Discuss how silence operates in the memoir and in your own relationships.
- Letters to Younger Selves: Invite participants to write and share a letter to their younger self.

Facilitator Tips

- Hold space for emotional truth without rushing to resolution.
- Normalize discomfort and complexity this is a space for reckoning, not perfection.
- Use affirming language and invite pauses for reflection.

Reader's Covenant

A shared agreement for engaging with the memoir:

- We honor each other's stories.
- We speak from lived experience.
- We listen with curiosity, not judgment.
- We allow silence to speak.

Group Activities

- Altar Creation: Build a symbolic altar with objects that represent healing, lineage, or truth.
- Affirmation Circle: Share affirmations aloud, one by one, to close the session. End with a group affirmation or intention: "We carry this story forward with care."
- Collective Reflection: Use printable cards with quotes and prompts for journaling or sharing.
- Invite participants to write a letter to their younger self or to someone they wish had understood them.