

Shut The F**k Up

Book Club Discussion Guide

The Art of Powerful Listening in a World That Won't Stop Talking

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A Note to Book Club Facilitators

These questions are designed to create REAL conversation—not polite book club chatter. Some of these questions will make people uncomfortable. GOOD. Some will make people cry. GOOD. Some will spark heated debate. GOOD.

This book is about LISTENING—which means your book club should practice it.

Ground Rules We Recommend

- What's shared here, stays here
- Listen to understand, not to respond
- No fixing, no advice unless asked
- It's okay to disagree—but stay curious, not combative
- Silence is okay (let moments land)

OPENING QUESTION (Start Here!)

Which character did you see yourself in most? And which one made you MOST uncomfortable?

This gets people talking immediately AND reveals what they're working on without them having to say it directly.

PREFACE & CHAPTERS 1-2: The Problem

Question 1: The Phone Number Story

What's YOUR 'phone number story'—a moment from childhood where you felt completely unheard? How did it shape how you communicate now?

Why this works: Everyone has one. Sharing these creates instant vulnerability.

Question 2: The Rambling Reality Check

Be honest: Are you a rambler? An over-explainer? A monologuer? What do you think is REALLY driving that?

Why this works: Forces self-awareness.

Question 3: Attention Addiction vs. Healthy Attention

Where do YOU fall on the attention spectrum? Are you attention-starved? Attention-addicted? Or do you have healthy attention in your life?

Why this works: Social media is EVERYONE's issue. This will spark debate.

CHAPTER 3: Are We Really Listening?

Question 1: The Promises You Break to Yourself

What's ONE promise you keep breaking to yourself? Why do you think you keep breaking it? And what would it take to actually KEEP it?

Question 2: Intuition You've Ignored

Tell us about a time you ignored your gut feeling and regretted it. What was your intuition trying to tell you?

Question 3: Emotional Pacing & The 90s

Do you remember a time BEFORE instant gratification? When you had to WAIT for things? How has losing that changed you?

CHAPTER 4: The Envy & Shame Cycle

Question 1: The Instagram Envy Confession

Who have you felt envious of in the past month? What did that envy reveal about what YOU actually want?

Question 2: The 5 Masks of Shame

Which mask do YOU wear most often when you're feeling shame? (Defensiveness, Blame, Attack, Withdrawal, or Contempt)

Question 3: Envy vs. Admiration

Think of someone you're envious of. Now TRANSFORM it: What are they doing that you want to do? What's ONE action you can take THIS WEEK?

CHAPTER 5: The Anger You Think No One Hears

Question 1: Road Rage Reality

Do you scream in your car? What about? And if you have kids—have they heard you?

Question 2: Self-Talk Audit

What's the CRUELEST thing you say to yourself regularly? Would you ever say that to your best friend?

Question 3: Online Behavior Check

Do you behave differently online than you do in person? Have you ever left a comment something you'd NEVER say to their face?

CHAPTER 6: Calm Down - Finding Your Center

Question 1: Your Calm Practice

What actually CALMS you? Share your go-to calm practice. Then: Try someone else's practice this week.

CHAPTER 7: Evolution of Being Heard

Question 1: Masculine vs. Feminine Energy

What energy do YOU operate in most often? Does it shift depending on context?

Question 2: Generational Communication Clash

What generation are you? What were you taught about communication growing up?

CHAPTER 8: The World Is Listening

Question 1: Your Cultural Communication Style

What's YOUR cultural communication style? How has that clashed with people from different cultures?

CHAPTER 9: Children's Ear

Question 1: Were You Heard as a Child?

Growing up, did you feel HEARD? Or dismissed? Share a specific memory.

Question 2: Parentification

Were you parentified as a child? How did it affect you?

CHAPTER 10: The Bigger Person Is You

Question 1: Who Needs Your Apology?

Is there someone YOU need to apologize to? For not listening. For projecting shame. What's stopping you?

Question 2: Going First

Where in your life do you need to 'go first' right now?

CLOSING QUESTIONS

1. The One Commitment

What's ONE THING you're committing to doing differently after reading this book?

2. Who Needs This Book?

Who in your life NEEDS to read this book? Are you willing to buy them a copy?

EXPERIENTIAL BOOK CLUB IDEAS

Don't just TALK about the book—PRACTICE it:

1. The Listening Circle - Set a timer for 3 minutes per person. One person shares. Everyone else JUST LISTENS. No advice.

2. The Self-Talk Challenge - Track your self-talk for one week. Share the cruelest thing you said to yourself.

3. The Apology Practice - Practice apologies out loud. Get feedback. Make the real apology within 7 days.

4. The Social Media Detox - 7-day break as a group. Discuss what you noticed.

5. The Emotional Pacing Movie Night - Watch Love Jones (1997) together. Discuss the power of silence.

For more resources: www.jazmineramzy.com

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