

BOOK 5 · THE TRANSFORMATION SERIES

B O O K C L U B D I S C U S S I O N
G U I D E

You, Reborn

How to Die (So You Can Actually Live)

D i s s o l u t i o n · T r a n s f o r m a t i o n ·
B e c o m i n g · G r i e f · R e b i r t h

by Jazmine L. Ramzy

"The chrysalis is not failure. It is the process. This guide is where your group holds each other through it."

How to Use This Guide

This guide contains 41 questions organized into thematic sections, plus 5 experiential exercises designed to move the conversation from your heads into your lives. You will not get through all 41 questions in one sitting — and that's the point. Use the questions that pull at something. Skip the ones that don't. Come back to the ones that made someone go quiet.

This guide works best when the group has agreed to three things: radical honesty, generous listening, and confidentiality. What is shared in the room stays in the room. What is heard in the room can change a life.

A N O T E T O T H E F A C I L I T A T O R

Book 5 is the most philosophically rich and emotionally complex of the series. It deals with identity death — the dissolution of who we've been — which is simultaneously the most terrifying and most necessary part of transformation. Some members of your group will be in the middle of this process right now and won't have words for it yet. Some will have come through it and can offer perspective. Some will be resisting it with everything they have. All three positions are valid. Your job as facilitator is to make the chrysalis feel safe enough to sit inside together.

Opening: The Necessity of the Death

- 1 The book opens with the radical idea that some versions of us must die for us to truly live. What version of you is currently dying — or needs to?
- 2 What identity have you been most attached to that transformation has asked you to release? What made it so hard to let go?
- 3 The book distinguishes between endings chosen by us and endings chosen for us. Which type of transformation are you currently in? How does the type affect how you're experiencing it?
- 4 We are taught to celebrate beginnings and fear endings. How has that cultural conditioning made transformation harder for you?
- 5 Has anyone in your group already come through a transformation that felt like a death? What do they know now that they wish they'd known inside it?

Part One: The Chrysalis — Sitting in the Unknown

- 6 The chrysalis metaphor — the caterpillar fully dissolving before the butterfly forms — is central to this book. Does it comfort you or terrify you? Why?
- 7 The book argues that the discomfort of transformation is not a sign that something is wrong — it IS the process. How do you currently respond when transformation feels like dissolution? Do you fight it, surrender to it, or oscillate between the two?
- 8 What does 'groundlessness' — having no solid identity to stand on — feel like in your body? How do you typically try to escape that feeling?
- 9 The book talks about the people in our lives who are unsettled by our transformation — who liked the old us better. How are you handling that? How are you protecting your becoming from others' comfort?
- 10 What has become possible in your life because of a difficult transformation you've already

been through?

Part Two: The Deaths We Must Allow

11 The book identifies specific identities that must die for full transformation: the people-pleaser, the perfectionist, the 'I'm fine,' the performer, the small self. Which of these are currently dying in you — and which are you fighting to keep alive?

12 What secondary benefit does your dying pattern still provide? What does it give you that makes it hard to fully release?

13 The book says that every time you act from the old pattern, you are choosing the familiar over the free. When was the last time you made that choice? What triggered it?

14 What new identity is emerging to replace what is dying? Describe her — how does she show up in situations where the old you would have shrunk?

15 The book argues that the deaths are not losses — they are liberations. Has anything died in you that you've come to be grateful for? Share it.

Part Three: The Mirror Moment & The First Flight

16 The mirror moment — looking at yourself and not fully recognizing who is looking back — is presented as a landmark, not a crisis. Has anyone in your group had that moment? What was it like?

17 The book asks: who have you become that five-years-ago you would not recognize? Take a genuine moment with that question — who are you now?

18 Flying is terrifying for the butterfly because its wings are brand new and have never been used. What is your equivalent of wet, crinkled wings right now — the new capacity you have but haven't fully trusted yet?

19 Kai's question — 'Are you gonna fly, Mama?' — is directed at each of us. What is your answer? What is standing between you and the flight?

20 The book ends not with arrival but with liftoff. What does your liftoff look like — specifically, concretely, in your actual life?

21 What does your group need to say to each other before you move into Book 6? What permission do you need to give each other?

Experiential Exercises

The best book clubs don't just talk about the book — they live it, together, in the room. These five exercises are designed to create exactly that: moments of genuine transformation that happen not in solo reading but in collective experience. Choose the one or two that feel most alive for your group, or work through all five across multiple sessions.

Exercise 1 of 5

◆ THE EULOGY FOR THE OLD SELF

Each member writes a brief eulogy for the version of themselves that is dying or has died. Include: who she was, what she protected you from, what she gave you, and why she had to go. Read them aloud. Applaud each death. It deserves acknowledgment.

Exercise 2 of 5

◆ THE CHRYSALIS CHECK-IN

Give each person a card with these four options: 'Just beginning to dissolve / Fully in the goo / Starting to sense new form / Beginning to emerge.' Each person silently chooses where they are. Then share. Discuss: what does your current stage need from the group? From yourself?

Exercise 3 of 5

◆ THE DEATH CERTIFICATE

Each person writes a 'death certificate' for the pattern they are releasing: Official name of what is dying, date of death, what caused the death (i.e., your growth), what it leaves behind (what is now possible because it's gone). Post it somewhere visible. Let it be official.

Exercise 4 of 5

◆ THE MIRROR EXERCISE

At home, before your next meeting: stand in front of a mirror for 60 full seconds. Just look. No fixing, no critiquing, no performing. Just witness yourself. Then write: who is this woman? Bring your answer to share at the next meeting.

Exercise 5 of 5

◆ THE FIRST FLIGHT COMMITMENT

Each person names ONE brave act — something the old self would not have done — they will take before the next meeting. Write it down. Witnesses make it real. At the next meeting, the first question is: did you fly? What happened?

Until the Next Book

You, Reborn is the most intimate book in the series because it asks the most of us: to let go of who we've been. Your group just held space for each other's dissolving. That is profound. Between now and Book 6, pay attention to every moment you act from the new self instead of the old pattern. Those moments are your wings drying. And they are worth celebrating — out loud, together.

T H E T R A N S F O R M A T I O N S E R I E S B O O K C L U B G U I D E S

Book 1: Shut The F**k Up

Book 2: Listen To Everything

Book 3: You, Inc.

Book 4: The Investment

Book 5: You, Reborn

Book 6: The Currency You Trade In

Book 7: Listen Everywhere

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