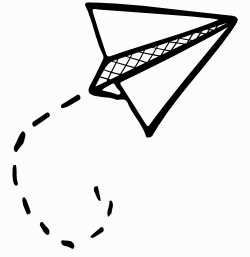


REFLECTION AND DISCUSSION GUIDE



A companion to the book for classrooms, book clubs, mentoring circles, and quiet moments of self-reflection.

How to Use This Guide



There's no one right way to use these pages.

You can read through them on your own, share them with a friend, or use them to start open conversations in class or in a group.

Each story in *Everyday Short Stories for Teen Girls* explores something real—belonging, confidence, courage, or simply finding your way through the maze of growing up.

The reflection questions are for thinking quietly.
The discussion questions are for talking together.

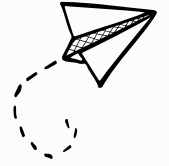
You don't need to have perfect answers. Just honesty, curiosity, and heart.

Use this guide to look beneath the surface of the stories.

Notice what you relate to, what surprises you, and what still lingers after you finish reading.

Because the best conversations don't end with a story... they begin with one.

Story Reflections & Discussion Questions



chapter 1. Too Loud, Too Much, Too Everything

A girl learns to stop apologizing for being herself, even when others think she's "too much."

Reflection: When have you tried to make yourself smaller to fit in?

Discussion: What does it mean to take up space in a healthy way? How can we support others in doing the same?



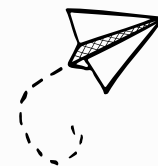
chapter 2. The Girl Who Moved Mid-Year

Starting over in a new school feels lonely, and maybe even scary, until an unexpected connection changes everything.

Reflection: What helps you feel grounded when everything around you feels new or uncertain?

Discussion: Why do you think new beginnings can feel both exciting and scary? How can small acts of kindness change someone's experience?





chapter 3. The Girl who couldn't Stop Talking

She hides her nerves behind endless chatter, until silence teaches her something real.

Reflection: What do you notice when you give yourself a moment of quiet?

Discussion: How can we tell the difference between wanting to connect and needing to be heard? What can silence show us about ourselves?



chapter 4. The Day She Failed Everything

A bad grade, a missed deadline, and a forgotten promise but also, the beginning of self-forgiveness.

Reflection: How do you usually treat yourself when you mess up?

Discussion: Why is failure such a hard word for most people? What could change if we saw mistakes as part of growth?





chapter 5. The Girl who couldn't Stop Lying

Her white lies start to pile up, until one truth changes things.

Reflection: Have you ever said something untrue just to be liked or avoid trouble?

Discussion: Why do you think honesty can feel risky? What does it take to rebuild trust once it's broken?



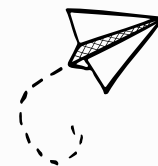
chapter 6. The Birthday She Didn't Get Invited To

Everyone else was invited and tagged in the photo except her.

Reflection: When have you felt left out, and what helped you move through it?

Discussion: How does social media make inclusion and exclusion feel louder? What's one small thing that can make someone feel seen?





chapter 7. When They Laughed and She Didn't

A joke that went too far shows her what courage looks like in real time.

Reflection: How do you feel when you see someone being teased or left out?

Discussion: What does it mean to stand up for someone, even quietly? Have you ever had to choose between belonging and doing what's right?



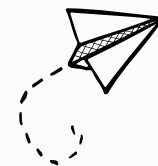
chapter 8. The Day the Mirrors Stopped Working

When her reflection disappears, she discovers who she is without it.

Reflection: How much of how you see yourself comes from others' opinions?

Discussion: What might change if we cared less about appearances and more about how we feel inside?





chapter 9. The One She Pretended to Be

Playing a part helped her fit in, until she forgot who she really was.

Reflection: In what situations do you feel most like your real self?

Discussion: Why do people sometimes pretend to be someone else? What helps you come back to who you are?



chapter 10. The Empty Part She Tried to Fill

She keeps trying to push the space down until she realizes the space she's trying to fill can't be filled from outside.

Reflection: What do you turn to when you feel empty or not enough?

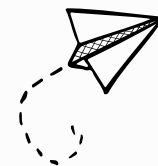
Discussion: Why is it so easy to believe that something external—a grade, a person, a look—will make us whole? What's one inner reminder you want to keep?



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chapter 11. What the Rain Helped Her Remember

Grief doesn't mean letting go of love—it's learning how to carry both.

Reflection: Have you ever tried to stay strong for others even when you were hurting inside? What does it mean to you to “carry love and sadness at the same time”?

Discussion: Why do you think people sometimes expect others to “get over” their sadness quickly? What makes it hard for people to talk openly about grief?



chapter 12. When She Forgot to Be Afraid

Fear held her back until a single, unexpected moment showed her she was braver than she thought.

Reflection: When was the last time you surprised yourself with courage?

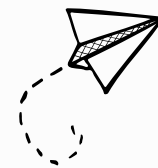
Discussion: What helps fear shrink? How can we practice bravery in small, everyday ways?



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chapter 13. What She Didn't Say at the Sleepover

When gossip turns cruel, her silence becomes a choice that matters.

Reflection: Have you ever stayed quiet when you wanted to speak up, or spoken up when it wasn't easy?

Discussion: Why can silence sometimes speak louder than words? How can we use our voices kindly but firmly?



chapter 14. What She Found in the Wreckage

When life changes, it's not about holding on to everything; it's about choosing what's worth keeping.

Reflection: Think about a time when something in your life changed—a friendship, a routine, or a family situation. What parts of it still matter to you? What does “remember what is worth saving” mean in your own life right now?

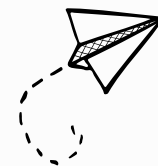
Discussion: What does “trying to make everything perfect” look like and how could things feel different if we let some pieces stay messy?



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chapter 15. The Girl Who Vanished for a while

You don't have to be perfect to deserve care. It's okay to let people see you when you're not okay.

Reflection: When have you felt pressure to “keep it together” even though you were overwhelmed inside? Who could you reach out to if you needed help?

Discussion: What helps someone feel safe enough to be honest when they're struggling? How can we show someone it's okay to ask for help, even when they seem to have everything together?



chapter 16. The Day She Didn't Win

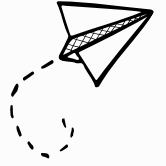
She trained, hoped, and gave her all but the lesson wasn't in the trophy.

Reflection: What does “winning” really mean to you?

Discussion: How can losing sometimes reveal more about who we are than winning ever could?



Themed Discussion Questions



1. Friendship & Belonging

Because sometimes friendship is messy, confusing, and the bravest thing we do.

- ✦ What makes a friendship feel safe and real?
- ✦ When have you felt on the outside of a group? What helped you move through it?
- ✦ Why is belonging so powerful, and how can we create it for others?

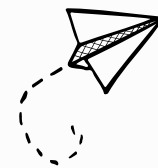


2. courage & confidence

Because being brave doesn't always mean being fearless. It often means showing up anyway.

- ✦ What does confidence look like in your everyday life?
- ✦ How can we remind ourselves of our worth when fear or doubt shows up?
- ✦ When does trying too hard become a sign that we've stopped trusting ourselves?





3. Self-worth & Identity

Because growing up is as much about remembering who you are as it is about becoming someone new.

- ✦ What does it feel like when you're truly being yourself, not performing or pretending?
- ✦ How can we tell when we're chasing approval rather than connection?
- ✦ What's one small way to honor your real self this week?



4. Kindness & Empathy

Because kindness is powerful, and empathy helps us see beyond what's visible.

- ✦ Why is kindness sometimes harder to give to ourselves than to others?
- ✦ What does empathy look like when we disagree with someone?
- ✦ Have you ever noticed how a small act of care changed someone's day... or yours?

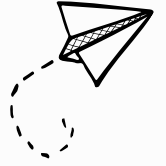


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closing Note



These stories remind us that growing up isn't about having all the answers. It's about learning to listen, to care, to forgive, and to begin again.

Whether you're reading this alone or together with others, may these reflections spark honest conversations and quiet moments of truth.

You're not meant to have it all figured out. You're meant to keep learning who you are... one story, one day, one small act of courage at a time.

Notes

