

# Beyond Climate Grief

## Book Club Guide

1. Have you felt climate grief? Or is there another emotion that best sums up your feelings? Go around the group to see where each person sits emotionally.

---

2. What was your favourite part of the book ... and why? Any quotes, passages or scenes you found particularly compelling?

---

3. What concepts or chapters have stuck with you most? Why?

---

4. While the book is a personal journey, it offers suggestions from experts about how to navigate the emotional roller coaster of a changing climate. Were any useful for your life?

For example:

- the idea that love is a better long term motivator for climate action than fear.
- philosopher Joanna Macy's notion of "Active Hope"
- Anna Rose's emphasis on courage.
- the notion that grief for the world be acknowledged and experienced in order to move forward.
- Missy Higgins suggestion we curate our news; limit bad news and balance with good news sources (known as a healthy information diet).
- the authors notion we can think of these challenges as an "adventure" – perhaps akin to the novels we read as children.
- the psychologists algorithm: 1) name and validate the emotion, 2) change what you can, 3) accept what you can't.

# Beyond Climate Grief

## Book Club Guide

5. What did you learn from the denial and disaster brain chapters about how our brains deal with threats? How does this relate to how you view climate change?

---

6. What were the most inspiring parts of the book?

---

7. What do you think the author was trying to say about looking for heroes – and the potential hero in all of us?

---

8. The book introduces the concept of “heart places” – the places we love deeply. What are your heart places? And how do you think climate change might affect them?

---

9. What would you do to save the place you love?

Psychologist Heidi Sumich suggests generating an action plan and committing to it. Joanna Macy talks about catching an inspiring vision. What's yours? This can be left until after book club, but don't forget – and report back next time.

**Note:** while personal actions matter because they help us live our values and reduce cognitive dissonance, it is impossible to be perfect when our entire system is imbued with fossil fuels. For this reason I would advise your plan has two sections: 1) individual actions, 2) more importantly, collective actions such as joining pressure group organisation, or shifting away from fossil fuel exposure in your business or finances.

---

# Beyond Climate Grief

## Book Club Guide

### 10. Did this book help you?

- Do you have a new perspective as a result of reading this book?
  - Did you learn something you didn't know before?
  - Or did simply naming and sharing these emotions with others help you?
- 

### 11. Is your life changing as a result of engaging with our climate reality – and how is this making your life better? More meaningful for you?

(This is my favourite question because it flips the usual negative on its head.)

---

### 12. Thinking of climate action (your own or others), what has made you most proud in the last 12 months?

---

### ADDITIONAL QUESTION FOR PARENTS OF SCHOOL AGED CHILDREN

### 13. In the chapter "Worry" which investigates how parents can approach climate anxieties with their kids, which suggestions did you find useful?

One psychologist suggests parents brain storm practical ideas for their kids while at book club. You're at book club! Go for it!

---