

DORM TO DOORSTEP



Book Discussion Guide

Sparking conversations in families, book clubs, and friendships.

The Book:

Dorm to Doorstep - Tips, Tidbits & Tales Every Young Woman Will Want to Read

Available at hilaryafshary.com, [Amazon](https://www.amazon.com) or your favorite bookstore

How to Use This

- **Choose a Topic:** Pick one topic at a time. There's no need to "complete" anything. This guide is about starting conversations, not checking boxes.
- **Talk Anywhere:** Discuss over breakfast, during a walk, on a car ride, or whenever real connection tends to happen.
- **Take a Deep Breath:** Before you begin, take a moment to breathe. This isn't about having perfect answers—it's about being curious, honest, and kind to yourself and each other.

◆ 1. Confidence vs. Comparison

Relevant Pages: 32, 33, 37, 40, 41, 43, 53

Why This Matters:

Most of us compare ourselves to others—at school, at work, and even online. But comparison doesn't have to steal your joy. Let's flip the script and focus on building self-awareness and worth that go far deeper than what others see.

Talk About:

- What's something awesome about you that most people don't know right away?
- Has there been a time you compared yourself to someone and later realized you didn't need to?
- How do you remind yourself that you're enough, even when it doesn't feel like it?
- How does a "social snapshot" only show part of someone's life? What might be happening behind the scenes?

- When you notice someone doing something amazing, how can you celebrate them without comparing?

Bonus Idea:

Create a “Real Me” list together with 10 things that make you unique—silly, serious, totally you. Keep it somewhere you’ll see it when you need a reminder.

◆ 2. Trying New Things

Relevant Pages: 2–31

Why This Matters:

Life is full of firsts—new schools, new hobbies, new challenges, new opportunities. Trying new things helps us meet change with curiosity instead of fear.

Talk About:

- What lights you up versus dims your spark? (Try pages 4 & 5 together.)
- What’s something new you’re a little nervous—but maybe excited—to try?
- Have you ever surprised yourself by doing something you didn’t think you could?
- What helps you feel brave when things are unfamiliar?
- What helps you bounce back when something new doesn’t go the way you hoped?

Bonus Ideas:

- Share a fear and write each other a mini pep talk to face it.
 - Make a “Try Something New” list: one small, one bold, one just for fun.
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◆ 3. Friendship Feelings

Relevant Pages: 122–165

Why This Matters:

Friendships can feel like the whole world—until they shift. Talking about changes in relationships helps us handle them with more grace and less shame.

Talk About:

- What makes a friend a good one?
- Has a friendship ever changed in a way that surprised or hurt you?
- How do you feel about gossip? Are you ever tempted to join in? (132–133)
- How do you handle disagreements or misunderstandings with friends? (152–153, 158–161)
- How can you let go of “friends” who don’t make you feel good and make new ones instead?
- How does being authentic—honest and open—lead to deeper friendships? (128–129)

- When your inner voice talks, does it sound like a good friend or a critic?

Bonus Ideas:

- Express gratitude to a friend who has shown up for you recently.
- Role-play a disagreement, focusing on “how you feel” instead of blame.
- Have you ever seen friends on social media and felt left out? Look up Mel Robbins’ Let Them Theory.

For Older Teens or Young Adults:

- Explore WIIFM and WIIFT in relationships (154–155).
 - What’s important to you in romantic relationships? (172–173)
 - How can you prepare for roommate relationships? (164–165)
 - How do you feel about intimacy in romantic relationships? (179)
 - What are your thoughts on online dating? (180–181)
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◆ 4. Body Confidence + Boundaries

Relevant Pages: 68–77

Why This Matters:

Our bodies are incredible—they let us move, rest, hug, and dance. This topic is about ownership, comfort, and kindness—not appearance.

Talk About:

- When do you feel your best, and why?
- What fuels help you feel your best (food, water, exercise, rest, creativity)?
- How can you use self-talk to lift yourself up?
- How can you help others feel good about themselves?
- What signals does your body give you when it needs something? How do you listen?
- Have you ever felt bad about yourself because of someone else’s comment or action? How can you reframe those thoughts?

Bonus Ideas:

- Name three things your body lets you do that you’re grateful for—run, rest, dance, hug.
 - Write a thank-you note to your body for something it’s carried you through.
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◆ 5. Style, Image & Self-Expression

Relevant Pages: 78–122

Why This Matters:

How we present ourselves to the world can be daunting—or it can be fun! Style is one way we tell our

story, and that story is always evolving.

Talk About:

- What's your favorite piece in your closet right now? How does it make you feel when you wear it?
- If your style had a vibe or theme song, what would it be?
- Have you ever felt pressure to dress or look a certain way because of someone else? What did you do?
- What's your take on makeup—is it creative, confidence-boosting, stressful, or just fun?
- Have you ever begged for something you had to have and then never wore it? What did you learn from that?
- Where do you get your style inspiration—from friends, media, or your own imagination?

Bonus Ideas:

- Keep a simple style journal: take a photo or draw an outfit that feels most like you, then write a few words about why.
 - Each of you pick one outfit that makes you feel most like yourself—then share why.
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◆ 6. The Red Pages: Real Talk About Tough Topics

Relevant Pages: 28, 29, 46, 52, 74, 93, 168, 178, 183, 186, 190, 202, 213

Why This Matters:

These pages are here for the real stuff—the things that can feel awkward, scary, or confusing, but are so important to talk about. You don't have to have it all figured out; you just need honesty and care.

Talk About:

- **Feeling Unsafe or in Danger (28–29):** Have you ever had a moment where something felt “off”? What did you do—or what could you do next time?
- **Peer Pressure & Substances (46):** What would you do if someone dared you to try something that didn't feel right? Who could you talk to if you felt unsure?
- **Big Feelings & Sadness (52):** What helps you on a really hard day? Who helps you feel better? Have you ever wished you could disappear? Let's talk about that.
- **Date Drugs:** Have you heard stories of someone being drugged or having their drink tampered with? What could you do if that happened to you or a friend?
- **Drunk Driving:** What could someone do instead of driving after drinking?
- **Emergency Tips:** Which safety tips do you already practice? Which are new to you?
- **Abuse:** What do you think abuse means? Why might someone stay in an unhealthy relationship?
- **STDs:** How do people get STDs? How can you protect yourself?
- **Contraception & Choices:** What are your beliefs about sex before marriage? If you choose to be sexually active, how can you protect yourself physically and emotionally?
- **Divorce:** Have you experienced divorce in your family? How did it make you feel?
- **Car Accidents:** Do you know what to do if you get into one?

- **Safety in General:** Which of the safety habits in *Dorm to Doorstep* do you already use?

If any topic feels heavy, remember: you don't have to carry it alone. Talk to someone you trust.

♥ Final Note

You don't need to have all the answers. Just bring your willingness to listen, laugh, and keep showing up. This book is a tool—but you are the guide she'll remember most. And if a question feels too big, it's okay to say, "Let's figure this out together."

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