

WALKING THROUGH FIRE DISCUSSION QUESTIONS



1. What did you like best about Walking through Fire? What did you like least?
2. Where did you identify with Vaneetha's journey? What losses did you feel were most devastating?
3. What surprised you most about Vaneetha's story?
4. Suffering is woven throughout this memoir. What different types of suffering has Vaneetha been through? What were her conclusions about suffering? Did they resonate with you? Why or why not?
5. People responded to Vaneetha's pain in different ways throughout her story. How did those responses impact her? What were some hurtful responses? What were some helpful ones? How have others helped or hurt you when you were going through a difficult time?
6. What were the origins of Vaneetha's people pleasing and where were they evident in her adult life? Did it hurt her? How? Did it help her? How? What was the turning point for Vaneetha to recognize this issue and start changing?
7. Comment on Shalini's role in Vaneetha's life? Do any interactions stand out? How were Jennifer and Lisa strong supports? Do you think it's common to have relationships like that? Why or why not?
8. Vaneetha had to reframe how she viewed the wheelchair in chapter 14. How did her shift in perspective help her find contentment? Where have you seen other people shift their view of their circumstances to find peace? Where have you done that?
9. What role did faith play in Vaneetha's dealing with loss? Do you know others who have turned to faith in troubling times? Has faith helped you through difficult moments?
10. How did Vaneetha's childhood experiences impact her view of herself and how did she break free from those early wounds? How has your past shaped your identity?
11. What aspects of Vaneetha's character did you identify with the most? Where did you identify with her the least?
12. How did Vaneetha's parenting evolve? Which of Vaneetha's actions and words were helpful to her daughters? Which were hurtful? Where did you relate to her parenting struggles?
13. Did any characters evoke a strong emotional response in you? Comment on your reaction.
14. How did Vaneetha's faith change through the book?
15. Forgiveness is a major theme in the memoir. What relationships involved forgiveness? Did you agree with Vaneetha's views or actions about forgiveness? Why or why not?
16. What scene was the most memorable? Why?
17. Comment on Vaneetha's statement to her sister, "Betrayal rewrites your memories."
18. How do you feel about the memoir's ending? Was it what you expected?
19. Why do you think Vaneetha's purpose was in writing her memoir? Do you think she accomplished that?
20. What was your greatest takeaway from Walking through Fire? Who would you recommend this book for? Where did this memoir make you reflect on your own life?

Photo
Album



Shriners Hospital in Montréal, age 4.



Shriners Hospital, the ward, age 6.



Age 7.



In London, with family, age 1.



Picnic in Montreal, age 2.



Family picture, high school.



Baking bread, age 30.



Paul, age 6 weeks.



Kristi, age 3 and Katie, age 7.



Lisa, Jennifer, and Vaneetha, 2018



Shalini and Vaneetha, 2017



Wedding, 2015. Pictured left to right: Ashley, Kristi, Vaneetha, Shalini, Katie, and Emily.



Vaneetha and Joel.