



Book Club Questions

I Killed Mom and Other Lies: A Memoir of Early Loss



Consider the following questions for a group discussion or individual reflection.

1. How did the title, *I Killed Mom and Other Lies*, shape your expectations or interpretation of the book?
2. Who were your favorite characters, and why? Do they remind you of anyone in your life?
3. In the prologue, Mandy Kubicek provides the following conclusion from *Never the Same: Coming to Terms with the Death of a Parent* by Donna Schuurman: “two foundational actions one can take to address a parent’s death are to feel one’s emotions and share them with others.” She also writes that “loss is more than death: it’s a geographic move, an ended relationship, an identity gone.” What have you lost? What would you like to share with others about your most painful losses?
4. What does the porcelain figurine on the cover represent to you?
5. Consider the job Kubicek begins in Chapter 1 which requires “thick skin.” Have you ever hid an emotional reaction at work? What expectations or beliefs (from our culture, the workplace, or yourself) might have contributed to that choice?
6. Kubicek mentions a variety of emotional regulation tools she used, such as reading an affirmation, visualizing a container to temporarily hold feelings, running, keeping a gratitude journal, and questioning the stories she told herself. What helps you respond to unpleasant emotional experiences?
7. What did you learn about early childhood parent loss from reading this story?
8. In the closing paragraph of the final chapter, Kubicek writes, “When I allow myself to grieve, I make space for play. And from that state of playfulness, everything I want becomes accessible.” Do you mostly agree or disagree with this statement? Why?
9. In the epilogue, Kubicek writes about the ritual of baking cookies to remember her loved ones: “I stand in front of my kitchen countertop savoring a bite of raw dough and am transported in time.” What memorial rituals do you practice, or would you like to start? (Check out the website and app [Be Ceremonial](#) for ideas.)
10. If you could only remember one thing from this memoir, what would you want it to be?