

No Regrets Reading Guide

MAKES YOU GO HMMM!

Now that you have read *No Regrets*, consider the following discussion questions.

1. What are the red flags/warning signs associated with a marriage headed for disaster? What signs did the Clarks have? What could Karen or Johnny have done sooner?
2. Tina and Connie differed on what Karen should do. Tina said leave Johnny. Connie said work it out. Do you agree with either? What's your advice?
3. Close friends share secrets, including marriage "stuff." Is there anything that should be kept in strict confidence, not to be shared outside the relationship with even close friends and family? Did Karen overshare with Tina?
4. How do you shield children from issues occurring with their parents? How do you keep them from feeling like they have to take sides? What could Karen have done to improve the relationship with Johnny and John Erick?
5. Can a married woman like Karen seek marital advice from a single person like Tina?
6. How and when do you forgive a loved one for hurting you? Is there a time when enough is enough? Are there conditions where you can't/won't forgive? Can you for-give without forgetting? Should Karen forgive Johnny for seeing another woman?
7. Is Karen an innocent victim? How did she contribute to the marital breakdown?
8. How do you get God involved with a troubled marriage or tough financial times?
9. How do you handle a close friend who cares for you but envies you and is quick to share hurtful information?
10. Can mates be compatible if they don't have the same educational, professional, or religious aspirations? How did Karen's religion and Johnny's career impact their union?

11. How much did the Clark's financial problems add to their marital strife? What could the Clarks have changed?
12. If a person is mean, nasty, whiny, or clingy during their illness, how tolerant should the caregiver or friend be? Is there a limit? Did Karen push Johnny to a limit?
13. What was it about Big Mama that enabled her to befriend Johnny in the hospital, even after he was so rude?
14. Was Connie in denial or acting in faith about her illness?
15. Can men like Tyrone and Johnny change? Do you think Tyrone will remarry?
16. How do you check for breast cancer? Karen had cancer in her early 30s, yet mammograms aren't recommended until 40 or 50. How early should you have one if there's no family history of breast cancer?
17. What does the dusty Bible metaphor on page 1 represent?

Note: No Regrets originally released in 2002 with a revised edition in 2016/2017