



**[Healthy conversations to be had surrounding “Cookie Monsters” by Erika Kendrick](#)**

**In your own words, how would you explain anxiety?**

**Have you ever experienced anxiety or any mental health challenge? If so, how did you handle/manage it?**

**When Brooklyn hides her tears from her grandmother on page 58, do you think she would have felt better if she opened up and told BettyJean why she was upset?**

**On page 76, Magic tries to talk to Brooklyn about seeing a therapist without making it obvious for the others to know what she was referring to. Once Stella, Lyric, and Lucy found out they were all extremely supportive of Brooklyn. Would you feel uncomfortable if your friends found out you saw a therapist? Why or why not?**

**In Chapter 7, Magic goes with Brooklyn to see the therapist. Do you think this helped Brooklyn with her nerves?**

**When Brooklyn and the girls got together to watch Netflix in Chapter 10, they all had a tough day. Being around each other brought joy. When you are struggling with anything mental health related do you find that hanging out with your friends improves your mood?**

**On Page 141 when Brooklyn was seeing her therapist, she said she would rather be eating pinkberry than be at her therapist appointment. This shows that it is not weird to *not* love going to therapy. Do you think it's true that stepping outside of your comfort zone can lead to better healing?**

**When Lyric tells her mom how she really feels about her being on tour and not being able to spend time with her, it shows the benefits of communicating your feelings towards your loved ones. What can you work on and remind yourself that will help you build up courage to discuss your true feelings with those you are close to?**

**What lessons from this book stood out to you? Do you think you will apply any of them to your daily life?**