

# WAR AT HOME

## *A Note From The Author*

Hi friend,

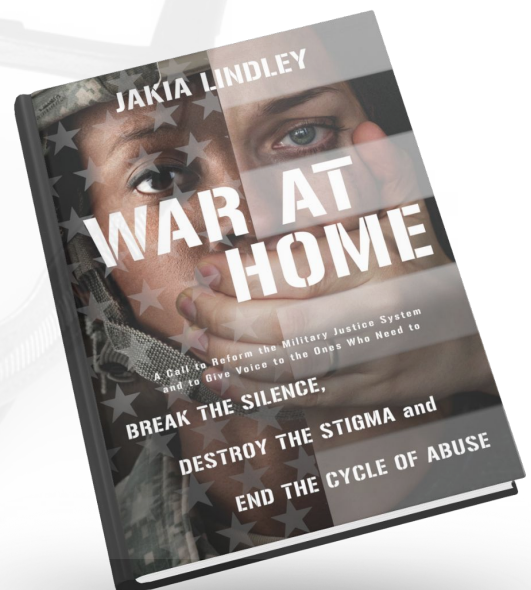
Thanks for reading my book. Thanks for taking this journey with me and sticking with it. You're why I wrote this book.

I cover some truly difficult topics, so before you begin the questions below I want to leave you with some final thoughts.

1. If you or someone you know is in an abusive relationship - or think you *might* be - reach out to a trusted friend or family member. If you can't find the support you need, DM me at Jakialindley on Instagram or Facebook.
2. If you're suicidal, call 1-800-273-8255 right now. You don't deserve to live in pain, and there's always healing to be had, no matter how bad it feels. I promise.
3. The questions below cover the topics of abuse and sexual assault. If you feel uncomfortable or triggered, please let me remind you how free you are to leave the discussion until you feel more at peace.

Finally, would you reach out to me if you've read my book? Use the hashtag #warathome on social media to share pictures of you, your group, or your favorite reading spot. I'm grateful to you!

Jakia M. Lindley



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## *Questions From The Author*

- ★ In many ways, this is a heavy book that articulates concerns that are important, but that may likewise be difficult for readers to witness. So, let's take a moment to check in.

How was the emotional experience of reading this book for you? How are you feeling about what Jakia experienced? How are you feeling as a witness? (Remember, feelings aren't right or wrong; they just are.)

- ★ We see injustice in two key, completely opposite ways in this book. We see it in the most intimate of settings - in a marriage. We also see it in the most impersonal (yet no less cruel) indifference of the military justice system to Jakia's experiences. How was the injustice Jakia experienced similar in these two settings? How were they different?

- ★ Do you feel like the book has what we would consider a traditionally "happy" ending? Why or why not?

- ★ How has this book helped you understand trauma and abuse? How has it changed your perspective of those who live through those circumstances?

- ★ Many of us either have been in or know of people who have been in abusive situations. Knowing what you now know about cycles of abuse and violence, how would you help someone who is currently dealing with an abusive partner? What actions would be safe for you to take? What actions shouldn't you take?

- ★ Having read this book, what is your opinion about how the military justice system should change? Has it changed from what you believed before the book?

- ★ We can often be overwhelmed by the amount of change we feel needs to happen, and you may especially feel that way after reading this book. We can all agree that cosmic, systemic changes need to happen in the military culture and in the military justice system.

But what are some steps you can take to help facilitate that? Think of the conversations you can have with neighbors, friends, family, or partners. What are some small changes you can make in your sphere of influence?

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- ★ What did this book teach you about trauma sustained as the result of abuse and assault? How can you use this information to help those around you?
- ★ Discuss the women who played roles in Jakia's book. Discuss their strengths, their weaknesses, and the role they played in helping Jakia believe her own story. How does this impact your views on the importance of female relationships? Of the community at large?
- ★ In this book, Jakia had several key moments of real courage in the face of fear. Which ones spoke to and resonated with you and why?
- ★ If you'd like, share a moment of fearlessness you've had recently with the group. Maybe you spoke up in the group! Maybe you said "no" when you were afraid to. Maybe you left a bad relationship. Share only what you feel comfortable sharing.

Thank you for reading *War at Home: A Call to Reform the Military Justice System and to Give Voice to the Ones Who Need to Break the Silence, Destroy the Stigma and End the Cycle of Abuse*.

We also appreciate your book review on your retailer of preference.

