BOOK CLUB DISCUSSION GUIDE

There are no right answers here.

GOODNIGHT MONSTERS wasn't written to tell you what to think. It was written to invite you to wonder. As you discuss the novel, notice which questions you're eager to answer... and which ones you'd rather avoid. Sometimes the questions we resist are the ones worth sitting with the longest.

The world of GOODNIGHT MONSTERS asks difficult questions without offering easy answers. As you discuss the novel, resist the urge to decide who was "right" or "wrong." Instead, consider what the story revealed about your own beliefs, fears, and assumptions.

Discussion Questions

1. Throughout the novel, Lia struggles with the difference between having a thought and acting on it. Have you ever judged yourself for a thought you never intended to act on? Why do you think we attach so much meaning to our private thoughts?
2. The novel explores the idea that every person has a hidden inner life. What parts of yourself do you keep private, and why? Do you believe everyone has thoughts they would never say out loud?
3. How did your opinion of Lia change as the story unfolded? What assumptions did you make about her early on, and were those assumptions challenged?
4. Society often tells us there are "good" thoughts and "bad" thoughts. Do you believe our thoughts define us, or do our choices define us? Has this story changed your perspective?

5. Fear influences many of the decisions in GOODNIGHT MONSTERS. Think about a decision you've made primarily out of fear. Looking back, would you make the same choice today?
6. Motherhood is central to the novel, but many of its questions apply beyond parenting. What expectations (placed on you by family, culture, or society) have shaped the person you've become? Which of those expectations still feel true, and which no longer fit?
7. The novel invites readers into moral gray areas rather than offering clear heroes and villains. Which character challenged your own moral compass the most? Why?
8. Have you ever found yourself fascinated by something that also made you uncomfortable? What do you think draws us toward the darker corners of human nature?
9. Shame appears throughout the novel, sometimes spoken and sometimes silent. How has shame influenced your own life? What happens when shame is brought into the open instead of hidden?
10. The title GOODNIGHT MONSTERS suggests that monsters may not always be something outside ourselves. What did the word "monster" come to mean for you by the end of the story?
11. Was there a moment in the novel that made you pause because it felt uncomfortably familiar? What about that moment resonated with you?
12. If you could ask Lia one question after the final page, what would you ask? What do you think her answer would reveal about you as much as about her?
13. The novel repeatedly blurs the line between imagination and reality. Do you think our imagined lives reveal truths about us, or are they simply stories our minds create? Why?
14. If you could remove one societal expectation from people's lives (especially women's lives) what would it be? How might that change the choices people make?
15. After finishing GOODNIGHT MONSTERS, what question has stayed with you the longest? What answer, if any, are you still searching for?
16. If someone else in your book club answered these questions honestly, would it change how you see them? Why or why not?

Closing Reflection

Before you leave, take a moment to answer one final question—not for the group, but for yourself:

What truth about yourself did this story invite you to consider?

No secrets.

No shame.