

Groups

The Emotionally Healthy Women by Geri Scazzero

Overview: This group is designed for a 10 week semester. Content should be started week 2. Week 1 should be a meet and greet. The last week should be a celebration.

Session 1: Quit Being Afraid of What Others Think

Summary:

Geri opens the book by addressing a universal struggle—people-pleasing and the fear of disapproval. She shares how this fear shaped her own life and spiritual walk, often causing her to say “yes” to things that left her emotionally exhausted and spiritually disconnected. Living for the approval of others may feel like love, but it’s rooted in insecurity and keeps us from living in freedom.

This week centers around the need to honestly examine who is influencing our decisions—God or other people? Geri helps readers identify when their choices are driven by fear of rejection or conflict, and calls them to instead root their identity in Christ. Emotional health requires us to say no when needed, even if others don’t understand.

Quitting the fear of what others think doesn’t mean we stop loving people—it means we stop letting their opinions define our value or guide our obedience. As we grow in emotional and spiritual maturity, we learn to live from a place of internal clarity and biblical truth, not external pressure.

Discussion Questions:

1. In what ways has the fear of what others think shaped your decisions or relationships?
2. What does Scripture say about whose approval we should ultimately seek (e.g., Galatians 1:10)?
3. What are some consequences of living as a people-pleaser?

4. Why is it hard to say “no,” even when it’s the right thing to do?
 5. How can healthy boundaries be an expression of love, not selfishness?
 6. What’s one area where you feel called to start being more honest or assertive?
 7. How would your spiritual life be different if you lived fully for God’s approval?
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Session 2: Quit Lying

Summary:

This chapter addresses a difficult but freeing truth: we often lie more than we think we do—to ourselves, to others, and even to God. Geri explains that lying isn’t limited to bold-faced deception. It includes the subtle compromises, half-truths, and people-pleasing responses we offer to avoid conflict, maintain control, or avoid emotional exposure.

Geri shares how emotional and spiritual health require a commitment to radical honesty, which starts with acknowledging your own feelings and values. When we lie—especially about how we feel or what we believe—we become fragmented and disconnected from our true selves. This robs us of intimacy with God and others, because authentic connection can only happen when we’re honest.

Quitting lying means learning to tell the truth in love, even when it’s uncomfortable. It also means giving yourself permission to feel what you feel and name your reality with courage and clarity. This week’s focus is an invitation to shed falsehood and step into God’s truth with boldness and grace.

Discussion Questions:

1. What are some “everyday lies” we tell to keep the peace or avoid conflict?
2. Why do you think we struggle to be fully honest—even with ourselves?
3. How does avoiding the truth affect our spiritual health and relationships?
4. What’s the difference between being honest and being harsh or hurtful?
5. Have you ever experienced freedom after telling the truth in a hard situation?
6. What does Ephesians 4:15 (“speaking the truth in love”) look like in practice?
7. What’s one situation this week where you can practice courageous honesty?

Session 3: Quit Dying to the Wrong Things

Summary:

This week, Geri addresses a common misunderstanding among Christians: the belief that self-denial means suppressing desires, passions, and personal boundaries—even when it leads to burnout or resentment. She challenges the idea that dying to self means dying to the person God created you to be. Instead, we are called to die to sin, not to the good gifts God has placed within us.

We often "die" to things that bring us life—rest, joy, creativity, meaningful relationships—because we believe sacrifice is always the holier choice. But Geri encourages us to examine what we're actually surrendering and whether it's truly God-honoring or rooted in guilt, fear, or false obligation.

Quitting dying to the wrong things means learning to say "yes" to what gives life and aligns with God's heart for you. Jesus said He came to give us life abundantly (John 10:10), not a life of silent martyrdom. This week invites you to reclaim joy, passion, and boundaries as acts of worship and wholeness.

Discussion Questions:

1. What are some "good things" in your life you've unintentionally died to?
2. How can you discern whether something is a God-honoring sacrifice or an unhealthy one?
3. Why is it difficult to believe that joy and boundaries can be spiritual?
4. What does abundant life look like for you in this season?
5. How can false guilt shape your decisions?
6. In what areas do you need to give yourself permission to live again?
7. How can you honor both God's calling and your personal health?

Session 4: Quit Denying Anger, Sadness, and Fear

Summary:

Many women are taught to believe that emotions like anger, sadness, and fear are inappropriate, weak, or unspiritual. Geri courageously challenges this belief by showing

that Jesus Himself expressed these emotions—and that they are God-given signals pointing to deeper truths in our hearts.

When we deny our emotions, we suppress parts of ourselves that need healing. This leads to disconnection, resentment, and even physical or emotional burnout. Geri explains that true spiritual maturity includes emotional honesty, not spiritual performance. Naming what we feel is the first step to inviting God into it.

This chapter is an invitation to begin telling the truth about your feelings—not to wallow, but to listen to what your heart is telling you. Emotions are messengers. When brought into God’s presence, they become the starting point for healing, wisdom, and transformation.

Discussion Questions:

1. What emotions have you learned to suppress or ignore?
2. How were anger, sadness, or fear modeled in your family or faith background?
3. What happens when you give yourself permission to feel and express emotions honestly?
4. How did Jesus express His emotions, and what can we learn from Him?
5. How can naming your emotions lead to spiritual growth?
6. What’s the difference between venting and emotional honesty?
7. What feelings do you need to bring into your prayers this week?

Session 5: Quit Blaming

Summary:

Blaming is one of the most instinctive human behaviors—we blame others, our circumstances, and sometimes even God. Geri gently but firmly teaches that blaming keeps us stuck. When we refuse to take responsibility for our reactions, choices, or growth, we give away our power to change.

This doesn’t mean excusing injustice or pretending we weren’t hurt. It means recognizing that healing begins with ownership. Geri explains how learning to take responsibility for your inner life—your boundaries, thoughts, and reactions—leads to emotional and spiritual freedom.

This week is about breaking free from the victim mindset and stepping into God’s invitation to wholeness. When we stop blaming, we start growing. It's not about

perfection—it's about maturity, humility, and the courage to change what's within our control.

Discussion Questions:

1. When are you most tempted to blame others for your emotional state?
2. What's the difference between blaming and healthy accountability?
3. Why do you think blaming is such a common defense mechanism?
4. What emotions or thoughts surface when you take full ownership of your reactions?
5. How can taking responsibility bring healing?
6. What would change in your life if you stopped blaming and started owning?
7. What's one area where God is calling you to take ownership this week?

Session 6: Quit Overfunctioning

Summary:

Overfunctioning—doing for others what they can and should do for themselves—is often seen as love, but Geri reveals it as a form of control, fear, and identity confusion. She shares how her overfunctioning stemmed from a deep need for approval and a fear of letting others down.

Many women overfunction out of love, but it leads to resentment, burnout, and spiritual dryness. Geri challenges us to ask: "Is this mine to carry?" and to consider the emotional consequences of over-responsibility. When we overfunction, we often rob others of growth and stunt our own.

Quitting overfunctioning requires boundaries, trust, and humility. It's trusting that God is the ultimate Provider and Guide—not you. This week invites you to step out of the role of savior and into the role of faithful steward.

Discussion Questions:

1. In what ways have you overfunctioned in your relationships or work?
2. What motivates your overfunctioning—fear, guilt, control, or something else?
3. How can overfunctioning become a spiritual barrier in your life?
4. What boundaries need to be established or re-established this week?
5. How can you support someone without taking over their growth process?
6. What emotions surface when you let go of control?

7. How does trusting God help you stop overfunctioning?

Session 7: Quit Faulty Thinking

Summary:

Our thoughts shape our reality. In this session, Geri explains that faulty thinking—like self-criticism, catastrophizing, or false guilt—keeps us emotionally unhealthy and spiritually stuck. These mental patterns become ingrained and influence how we interpret everything around us.

She invites readers to bring their thoughts into alignment with biblical truth (see Romans 12:2 and 2 Corinthians 10:5). Geri shares how renewing the mind is essential to emotional healing. Recognizing destructive thought patterns is the first step; replacing them with truth is the path forward.

This chapter is about freedom through mental transformation. You don't have to be ruled by negative inner narratives. With God's help, you can break old thought patterns and walk in clarity, peace, and purpose.

Discussion Questions:

1. What faulty beliefs or negative thoughts have shaped your self-view?
2. How do your thoughts about yourself affect your relationship with God?
3. What Scripture speaks directly to the lies you've believed?
4. What's the difference between conviction and condemnation in your thoughts?
5. What mental patterns are you ready to challenge and change?
6. How can journaling or counseling help in renewing the mind?
7. What's one truth you want to declare over yourself this week?

Session 8: Quit Living Someone Else's Life

Summary:

Geri ends the book with a liberating invitation: embrace your God-given life. Too often, we compare ourselves, imitate others, or live out roles we were never called to fulfill. This chapter helps women name the false selves they've been wearing—and begin the journey back to authenticity.

Living someone else's life can look like following others' expectations, suppressing your passions, or avoiding risks because they don't fit the mold. Geri teaches that God created you with a unique voice, calling, and purpose—and you can't fully walk in that while trying to be someone else.

This final week is about coming home to your true self in Christ. As you peel back expectations and layers of pretense, you'll discover the freedom and joy of living as the woman God intentionally made you to be. That's the real emotionally healthy woman.

Discussion Questions:

1. What pressures have shaped the version of yourself you've been presenting?
2. In what ways have you lived based on others' expectations instead of God's design?
3. How does comparison rob you of contentment and clarity?
4. What gifts or passions have you ignored to "fit in"?
5. How does living authentically honor God?
6. What would change if you stopped living for approval and started living on purpose?
7. What's one step you can take this week toward embracing your true self in Christ?