

PICKY

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BOOK CLUB QUESTIONS

PERSONAL & REFLECTIVE

1. Do you consider yourself picky in any area of life (food, relationships, routines, environments)?
Where did that come from?
2. How did the book make you feel about your own relationship with food?
3. Did any of Zillah's food rules or habits feel familiar to you, even if your experiences are different?
4. How did your family talk about food, fear, or risk when you were growing up?
5. Were there "unspoken rules" in your household that shaped how you move through the world now?
6. Did the novel prompt any empathy shifts for people you've labeled as "difficult", "anxious", or "rigid"?
7. What emotions came up for you while reading? Comfort, frustration, sadness, recognition?
8. When did you feel protective of Zillah? What about frustrated with her?
9. How do you personally distinguish between self-protection and avoidance?
10. Have you ever stayed in a situation longer than you wanted because it felt safer than change?
11. What does bravery look like in everyday life, according to this book?
12. Did the novel make you think differently about how fear is passed down in families?
13. How do you respond when someone you love limits themselves out of fear?
14. How does the book resonate with ideas of caretaking, obligation, or guilt in families?
15. Did any scenes spark memories from your own life?
16. How do you feel society treats adult "pickiness" or anxiety compared to childhood versions?
17. How did you react to the balance of humor and seriousness? Did it mirror how you cope in your own life?
18. If you were Zillah's friend, what advice would you want to give her?
19. What conversations do you wish people had more openly about fear, food, or family dynamics?
20. Did reading PICKY make you more compassionate toward yourself in any way?