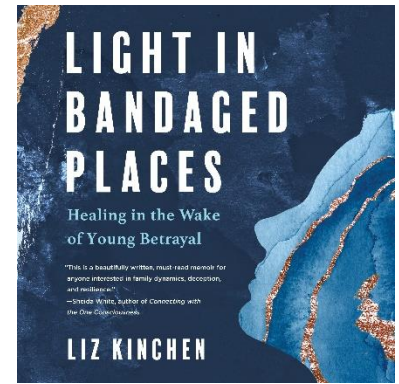


Light in Bandaged Places: Healing in the Wake of Young Betrayal

By Liz Kinchen

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READERS GUIDE

1. The various factors that fed into Liz’s sense of having no self-worth included her strict Christian upbringing, emotionally distant parents and siblings, few childhood friends, exploitation by a trusted adult, a disappointing first marriage, a relationship that ended unexpectedly, and a second marriage that asked for more than she had to give. What were the factors that restored her sense of self-worth?
2. What was the role of secrecy in Liz’s story? How did it help? How did it hurt?
3. How might things have been different if Liz had confided in someone earlier in her relationship with Mark? What might people—the school, parents, siblings, and friends—have done at the time to help Liz see the potential dangers of her relationship with Mark? What can schools do today to raise awareness of the perils of unequal power dynamics in a relationship?
4. How do you think Liz really felt about Mark? Did she love him, or just that he made her feel special? Do you think Mark really loved Liz?
5. Liz portrays her childhood as lonely. How do you think the conditions that made her feel this way influenced her later years?
6. Do you think at age sixteen, and after two years of grooming, Liz was able to give consent? What does ‘consent’ mean to you?
7. Liz had many relationships as a young adult. How were they characterized?
8. What role does sex play in her wounding and her healing?
9. Liz says, “In more ways than I can count, being a mother saved me.” What did she mean by this? What are some of these ways?
10. What is the role of religion and spirituality in Liz’s story? How did it help and/or hurt her?
11. What were some of the other factors that led to Liz’s healing? Do you think healing is ever complete?