

Suggested Interview Questions for Terra A. Mattson, author of *Courageous: Being Daughters Rooted in Grace*

“Growing up as an American girl in today’s culture requires extraordinary courage – courage that is rooted in a deep awareness of who we are and to whom we belong.”

-Terra Mattson

- From your experience as a therapist and ministry leader, how is American culture negatively impacting girls and women today?
- Are the moms you counsel as lonely and lost as their daughters? If so, how can they teach their daughters to live courageously?
- As a mother of two girls, what steps are you taking to push back on the messages targeted at young girls and teens?
- How does your new book, *Courageous*, help moms intentionally connect with their daughters? How do Courageous Girls groups provide support for moms and their girls?
- You believe that a primary job for parents is to help their children learn to discern the voice of God from all other voices. How can a mom help her daughter distinguish between grace messages and shame messages?
- You write that the most powerful teaching moments are full of raw and real emotions. Since a girl’s powerful emotions can trigger her mom’s emotions, how can moms prepare for those teaching moments?
- What happens inside a girl who avoids or denies her feelings? How did this impact you as a teenage girl?
- How can mothers help daughters recognize and voice their feelings rather than shutting them down?
- You write that many of the core issues addressed in the counseling room are rooted in loneliness. What would you say to a Christian woman who believes that “all she needs is God”?
- Friendship and community can be sources of pain and conflict. Do you have tips for helping girls and moms discern healthy friendships from unhealthy friendships?
- Moms often feel they must sacrifice their own health and happiness in order to keep everyone else happy. Some women even believe it is selfish to love and care for themselves. How can moms begin to model self-care and rest for their daughters? Why is this vital?
- What does a courageous girl look like? What does a courageous mom look like?

GUEST: Terra A. Mattson, licensed marriage & family therapist, author, speaker, co-founder of Living Wholehearted and Courageous Girls
BOOK: *Courageous: Being Daughters Rooted in Grace* (David C Cook)
AVAILABLE: February 1, 2020, wherever books are sold
WEBSITE: www.myCourageousBook.com
