Set Your Own Table Book Club Preview

A survivor authored personal growth guide by Terri Thorne

Terri Thorne | iThrive Collective LLC

Set Your Own Table invites adult survivors to imagine a life beyond inherited dysfunction and examine what supports or obstructs that future. Across 28 chapters, Terri Thorne combines lived perspective, reflection and practical encouragement around safety, professional support, addiction, silence, defense mechanisms, emotional awareness, boundaries, trust, self-care and purposeful change.

Why groups choose this book

The book gives groups a structured path from recognition into reflection and practical consideration. Readers can discuss how childhood family systems influence adult choices without being asked to disclose their own histories. The chapters also create a natural series of conversations rather than requiring every idea to be covered in one meeting.

Best suited for	Personal-growth book clubs, women's groups, professional and community organizations, survivor-serving groups, educators, helping professionals and clubs continuing from Predators at the Table.
Suggested formats	One overview discussion, a four-meeting series organized by major themes or a longer chapter-based reading experience.
Group approach	Reflection rather than therapy. Members may discuss the text as survivors, allies, professionals or general readers without explaining personal experiences.

Conversation themes

- Visualizing a life that is more than survival
- The courage and practical cost of leaving dysfunctional environments
- Professional, community and spiritual support
- The protective purpose and later cost of survival strategies
- Boundaries, self-trust and the right to choose who belongs in one's life
- Shame, inner dialogue and emotional awareness
- Daily practices that make room for connection and joy
- Growth as a continuing process rather than a fixed destination

Flexible reading options

- Single meeting: choose questions across the full book and focus on the ideas most relevant to the group.
- Four meetings: Chapters 1 to 6, 7 to 13, 14 to 20 and 21 to 28.
- Extended series: read approximately four chapters per gathering and include one optional private reflection practice.

Content considerations

The guide discusses childhood sexual abuse, incest, family dysfunction, addiction, shame, dissociation and leaving harmful environments. These subjects are addressed candidly but without graphic sexual detail. Some material may still be emotionally difficult for readers. This guide is not therapy and should not be used to pressure members toward personal disclosure, confrontation or a decision about a relationship. Members may pass on any prompt or step away from the conversation at any time.

Sample discussion questions

1. What is the difference between imagining a better life and believing it is available to you?
2. Which survival strategies does the book treat with the most compassion, and why?
3. How does the table metaphor change the meaning of boundaries and belonging?
4. How might money, housing, transportation, community or access to professional care affect a person’s available choices?
5. What does daily joy mean when it is understood as more than constant happiness?

Read it with Predators at the Table

Predators at the Table gives readers the lived story behind many of the patterns explored in this guide. Clubs may begin with the memoir and continue into Set Your Own Table, or use the memoir afterward to deepen their understanding of how childhood environments can influence adult life.

For confirmed reading groups

- Complete Official Reader Discussion Guide with facilitator guidance
- Selected virtual author conversations with Terri Thorne
- Optional pathway connecting both Terri Thorne books
- Links to iThrive Collective and the Place Cards podcast

Book club inquiries

Visit ithrivecollective.com/book-clubs to tell us about your group, proposed reading date, expected number of readers and interest in an author conversation. Terri Thorne does not pay organizations to select, feature, review or discuss her books.