

Discussion Guide: *All The Things We Never Said*

1. Mehreen, Cara, and Olivia all feel unable to talk about their struggles until they meet. Why are they able to confide in one another?
2. Why is the girls' friendship not enough to help them achieve stability and happiness? What other forms of support do they need?
3. How does each girl's life change when she finally tells at least one trustworthy adult what she's going through?
4. Depression, anxiety, and trauma can distort people's perception of reality; for instance, they may think negatively of themselves and believe others do too. To you, what felt like an obvious example of a character misinterpreting a situation or misreading other people's intentions? When the characters were able to see things more accurately, did any of their realizations come as a surprise to you as well as to them?
5. Each girl leans on unhealthy coping mechanisms for much of the book. What are they and how are they harmful?
6. The girls find power in shared rituals, such as destroying their suicide notes together. What rituals do you find healing or empowering? Do you practice them individually, with others, or both?
7. What was your favorite moment of joy that one or more of the characters experienced? What did that moment tell you about the character(s)?
8. The girls go from being strangers to becoming one another's closest friends very quickly; they also experience tensions and rifts very quickly. As time goes on, how do you think their relationship may evolve, especially if their lives continue to become more stable?