



“FAT: A Life Unfiltered”

Discussion Questions

Foreword and Chapters 1-4

1. What made you want to read this book?
2. What do you think about the word “fat?” Are you offended by it? Why or why not?
3. What do you recall from your first romantic relationships that do or do not relate to Jon’s experiences?
4. Jon talks early on about his “fear of hell.” What does that phrase mean to you?
5. What do you think about the story of how Jon happened to “meet” his wife the day before they were scheduled to meet for the first time? Do you, like Jon’s dad, believe in “divine interventions?” Why or why not? Did you see or experience a role of the divine in your own relationship formation?
6. What are some of your perceptions of life in a small town like Carland?

Chapters 5-6

1. Do you think food addiction is real? Why or why not?
2. How do you think Jon’s relationship with his dad tied into his problem with donuts? Do you have any examples in your own life where your relationships have influenced your habits?
3. What are some of your quirky family stories?
4. What is your family’s food culture? How does it impact your relationships and how you interact with each other? What do you do (or not do) to avoid overindulgence?
5. What are your thoughts about how you or others deny how their behavior affects their health?

Chapters 7-11

1. How do you handle awkward and embarrassing moments that happen in public?
2. How would you respond if the chair you were sitting on broke and everyone was staring at you?
3. What did you think about Jon’s graphic description of what happened in the hospital after gallbladder surgery? Do you think his weight affected how the staff treated him? Why or why not are you uncomfortable reading or discussing painful experiences like that one with others?
4. Jon describes many transportation challenges. What would you do or what do you do if your physical body limited/limits your ability get around comfortably?

5. Do you think the restaurant industry is to blame for America's obesity epidemic? Why or why not?
6. What goes through your head when you see a fat person eating at a restaurant? A buffet? An ice cream shop?
7. What role, if any, does your physical body play in your faith? Describe.
8. Have you ever felt unsafe because an extremely obese person was nearby? Describe the situation that made you feel that way.

Chapters 12-16

1. What difficult memories do you have from your school experience? Were you picked on? Bullied? How did you cope?
2. Was there something about you that frustrated your parent(s), and you didn't understand why? How did that influence or not influence your sense of self-worth?
3. Have you ever experienced a physical, mental, or spiritual transformation where you had a difficult time feeling comfortable with who you had become? How did that impact how you interacted with the world around you?
4. Have you ever made a change in your life that you assumed would bring about a certain result, and then the result didn't happen? How did you react? What were your feelings like?
5. Is there something about you that makes you fear employment discrimination? How do you cope or overcome that fear?

Chapters 17-19

1. Have you struggled with being in "yo-yo" hell? Did you figure out a way to get out and stay out? Share your experience.
2. In what areas of your life do you experience denial? Has telling yourself the truth helped? If so, how? If not, why not?
3. Do you agree with what Jon said about denial and truth? Why or why not?
4. How do you stay motivated and encouraged in your struggles? What techniques have you learned and are willing to share with others?

"FAT: A Life Unfiltered" is available at hopefortheheavy.com. Subscribe to Jon's blog for encouraging messages and updates.

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