

Discussion Questions – Breaking Free Part I

Use these questions to reflect on the story and apply its lessons to your life.

- 1. Why do you think Sarah felt so overwhelmed by her breakup at the start of the story?**
Because she had invested a lot of time, energy, and emotion into the relationship, and it hurt to feel like it didn't matter. She was carrying the weight of disappointment, frustration, and sadness all at once.
- 2. What role did the fly play in helping Sarah see her situation differently?**
The fly acted like a mirror, showing her that even when something seems hopeless, like being stuck in ice, there's still a way out. It helped her pause and view her situation from a calmer perspective.
- 3. Why do you think Sarah chose to listen to the fly instead of calling the waiter?**
Maybe because she was curious, or because, deep down, she wanted someone, anyone, to understand what she was feeling. The fly's voice surprised her just enough to make her stop and think.
- 4. In what way did the fly's struggle reflect what Sarah was feeling inside?**
Both felt trapped, Bartholomew physically in ice, and Sarah emotionally in her pain. Watching the fly fight to break free reminded her that she might be able to break free, too.
- 5. What lesson did Sarah learn from her encounter with the fly?**
She learned that perspective matters. What felt like the end of everything was actually just a small part of her story. The fly showed her that even little moments can bring clarity.
- 6. Do you think Sarah made the right choice to give her relationship another chance? Why or why not?**
Yes, because it seemed like she realized she might've acted out of emotion, not reason. Taking time to talk and listen might help her make a better decision. But only if both people are willing to try.
- 7. What do you think Sarah realized about the way she handled problems in her relationship?**
She sometimes let her emotions take over and didn't always see things from the other person's point of view. The fly reminded her to slow down and see the bigger picture.
- 8. How does this story show that even the smallest moments—or creatures—can teach us something meaningful?**
It shows that wisdom doesn't always come from big events or important people. Sometimes, life uses the smallest things to wake us up, like a fly in a glass of water.
- 9. If you were Sarah, how would you feel after talking with the fly?**
Surprised, but also calmer. I'd probably smile at the weirdness of it, but deep down feel thankful that someone—or something—helped me see things more clearly.
- 10. Can you think of a time when something small helped you see a big problem in a new way?**
Yes, once a stranger said something kind to me on a rough day, and it reminded me not to let one bad moment shape my whole attitude. It helped me reset and move forward.'

Reflection – For Your Journal:

As you journal, you're recording your journey—what works, what doesn't, and what needs to change. Over time, you'll start to see patterns: what to do less of and what to do more of. From this story, choose one idea that stood out to you and write about one small step you'll take this week because of it.