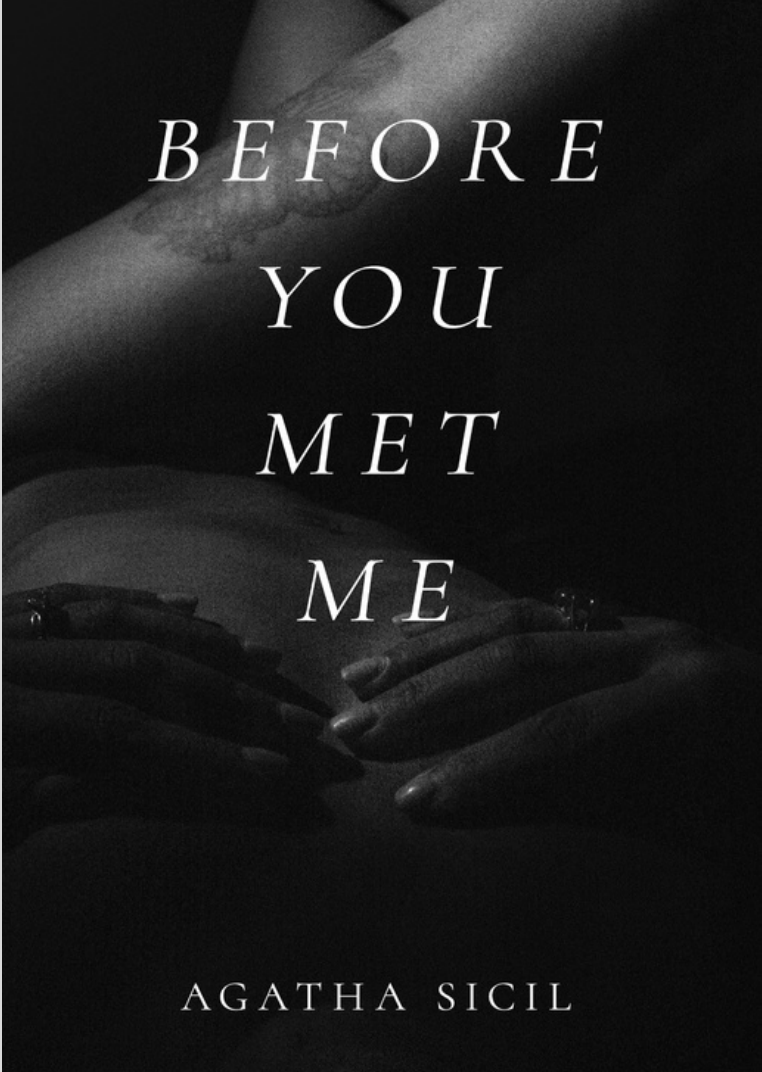


READERS GUIDE



BEFORE YOU MET ME

AGATHA SICIL

About the Book

Before You Met Me is a confessional poetry and prose book that was created in tandem with Agatha's therapist who helped guide her through the healing process. Agatha uses the art of writing as a way to unspool the murky web of memories inside our unconscious minds in an effort to bring them to conscious awareness. *Before You Met Me* provides insight into the underlying mental health issues that readers encounter but never reveal. The book includes snapshots of decades-old diary entries and authentic written correspondence between the protagonist and her loved ones. These stories were crafted around her own memories and explore her deepest thoughts and feelings, attempting to express the unexpressed.

Reading Guide Questions:

1. Agatha opens her book with *Missing*, why do you think she chose this story to start her memoir?
2. The book includes snapshots of old family letters, official documents, and diary entries. How do these scanned documents add to the validity of her story?
3. Agatha introduces different people in her story. Were there any people mentioned in the book whose perspectives you wanted?
4. It took Agatha over 20 years to write her story. She decided on a poetic verse style as opposed to a traditional narrative. How does this style differ from other memoirs you have read?
5. There are many traumatic events that are mentioned, which one do you think Agatha struggled with the most? Why?
6. The memoir was written under the guidance of a therapist. How could writing help the process of healing?
7. Why do you think Agatha named the book *Before You Met Me*?