



TEDxOakParkSalon

Thursday, July 15, 2021 | The Duality of Comfort + Discomfort
Discussion Questions

Debra Vines | TEDxOakParkSalon | [Parents of Special Needs Children Have Needs, Too](#)

When Debra's son was born, little was known about what we now refer to as “the spectrum.” She began searching for answers in her under-resourced community but found none. Instead, she found a coping mechanism that changed her life forever. Debra's TEDx Talk takes us through her quest for answers and how her love for her son drove Debra to make a difference in her community. Debra Vines comes to us from Maywood, Illinois. In 2007, Debra founded The Answer Incorporated, a nonprofit organization that filled a void that was painfully absent when Debra needed her own answers. The Answer Inc helps parents and caregivers of people with disabilities navigate systems of social services and academic institutions. Debra is passionate about creating change in the lives of persons with Autism and other disabilities. She says her greatest accomplishment has been witnessing families she has aided reach milestones that were once unobtainable. This talk was given at a TEDx event using the TED conference format but independently organized by a local community.

Questions:

- What resonated with you from Debra's TEDx Talk?
- Has there been a moment in your life when you have felt control and loss of control simultaneously? What was happening?
- When have you felt comfort and discomfort simultaneously? What was the context or what did you do?
- What did you learn from Debra's Talk about parenting?

Jia Jiang | TEDxMtHood | [What I Learned from 100 Days of Rejection](#)

Jia Jiang adventures boldly into a territory so many of us fear: rejection. By seeking out rejection for 100 days -- from asking a stranger to borrow \$100 to requesting a "burger refill" at a restaurant -- Jiang desensitized himself to the pain and shame that rejection often brings and, in the process, discovered that simply asking for what you want can open up possibilities where you expect to find dead ends.

Questions:

- Would you be willing to be purposefully rejected as Jia did? What is something you could offer/ask that's a bit outside the box but no risk or harm to anyone?
- How has one moment of rejection in your life prepared you for a future win?
- Have you ever embraced one of your fears? If so, how?
- Have you ever asked someone for something knowing you'd get a “No.” but you did it anyways? Did this inspire you to ask someone something uncomfortable?



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- Have you ever been rejected before when you've made a small ask? Did you follow up with any questions to find out why? Or did you accept the rejection?

Stacey Abrams | TEDWomen | [Three Questions to Ask Yourself About Everything You Do](#)

How you respond to setbacks is what defines your character, says Stacey Abrams, the first Black woman in the history of the United States to be nominated by a major party for governor. In an electrifying talk, she shares the lessons she learned from her campaign for governor of Georgia -- and some advice on how to change the world. "Be aggressive about your ambition," Abrams says.

Questions:

- Have you ever used the 3 questions and how has that helped you achieve your goals?
 - What do I want?
 - Why do I want it?
 - How do I get it?
- Out of the 3 questions Abrams posed, which is hardest for you to answer? Why?
- Do you have your own set of questions that have helped you focus on your goal?
- What can you do to be more intentional with your hobbies and day-to-day tasks?
- Has there ever been a time where you didn't consider the role the "other side" had in your setback? What happened?

Challenge + Reflection:

How can you embrace both comfort and discomfort in your life?