

THE
SELF
BENEATH THE
STORY

What Remains When Every Story Falls Away

DIANNA WRIGHT

OFFICIAL BOOK CLUB KIT

The Self Beneath the Story

What Remains When
Every Story Falls
Away

A conversation about
identity, awareness,
faith, and coming home



Written by Dianna Wright
Beyond the Story, Book One



About the Book

A REFLECTIVE INVITATION

How much of who you believe yourself to be was chosen, and how much was inherited? The Self Beneath the Story invites readers to look beneath roles, expectations, beliefs, and identities to notice the quiet awareness that has remained through every version of their lives.

Rooted in Christianity and enriched by contemplative spirituality, Christian mysticism, Scripture, and lived experience, the book does not ask readers to adopt a new identity. It invites them to question the old ones and reconnect with what feels honest, present, and true.

A NOTE FOR THE GROUP

Some questions may feel personal. Members are always free to pass, answer privately, or speak only from the text. Curiosity matters more than agreement.

THEMES TO NOTICE

- 01 Identity and inherited stories
- 02 The witness and awareness within
- 03 Faith, Scripture, and the kingdom within
- 04 Words, ego, and the false self
- 05 Control, surrender, and trust
- 06 Suffering, discernment, and growth
- 07 Presence as a daily practice

CONTENT CONSIDERATIONS

Faith and spiritual interpretation, identity, fear, loss, suffering, old wounds, control, and surrender. The guide is reflective and educational, not therapeutic.



Identity & Awareness

Begin with the roles, labels, and stories that shape how we see ourselves. These questions draw from Chapters 1 through 8.

1 Looking back on your life, when did you first begin asking deeper questions about yourself, your purpose, or your faith?

2 Which roles or identities have most shaped the story you tell yourself about who you are?

3 When you notice the voice in your head replaying, judging, or worrying, what changes when you ask: Who is listening?

4 What beliefs or expectations have you carried for so long that you have rarely questioned whether they were truly yours?

5 Which “I am” statement do you reinforce most often, and does it describe your deepest truth or only one chapter of your life?

6 If every role, title, accomplishment, and label were removed, what do you believe would remain?



Surrender & Becoming

Move from recognizing the story to considering how awareness, trust, and surrender might change the way we live. These questions draw from Chapters 9 through 16.

7

Where have you been waiting for readiness, permission, confidence, or certainty before taking the next step?

8

What are you holding onto that may no longer be serving you, and what makes it difficult to release?

9

What are you trying to control that may never have been yours to control?

10

Which voice most often guides your decisions: fear, old wounds, ego, intuition, or something else?

11

How did the book's treatment of suffering challenge, deepen, or conflict with your own understanding?

12

As your story continues, how do you want to show up for the next chapter with greater awareness, presence, and trust?



Beneath Your Own Story

These prompts can be shared aloud, discussed in pairs, or kept entirely private. There is no prize for oversharing at book club.

01

Write down three roles you carry. Beside each one, complete: "This is something I do or experience, but it is not the whole of who I am."

05

Choose one attachment you are willing to hold more loosely this week: an outcome, expectation, identity, relationship, or fear.

02

Notice one sentence you regularly place after "I am." Does it describe your deeper truth, or a story you have rehearsed?

06

Create a sacred pause. Sit quietly for five minutes and notice thoughts without following them. What remained when the noise softened?

03

Identify one "stone of remembrance," such as a verse, photograph, journal entry, prayer, or place that helps you return to what matters.

07

Finish this sentence: "When life becomes noisy, I want to remember..."

04

Where are you waiting for confidence, certainty, readiness, or permission? Name one small step available now.

08

What would it look like to enter your next chapter with greater awareness, presence, and trust?



Why I Wrote It

FROM DIANNA

“This book was born from a search for something deeper: a more personal understanding of Scripture, identity, awareness, and God. What began as a search to better understand the Bible gradually became a journey of self-discovery.”

Dianna writes conversationally because she believes the most meaningful truths often emerge through honest questions, lived experience, and the conversations we are brave enough to have.

ABOUT THE AUTHOR

Dianna Wright is a mother of three sons, entrepreneur, author, and lifelong student of faith, personal growth, and what it means to live with awareness and purpose. Through parenting, relationships, career changes, heartbreak, reinvention, and spiritual exploration, she found herself asking deeper questions about identity, faith, and what truly matters.

Her books span fiction and nonfiction, but share a common heartbeat: the stories people live, the truths they carry, and the experiences that shape who they become. Dianna lives in Frederick County, Maryland.

ABOUT THE SERIES

The Self Beneath the Story is Book One of the Beyond the Story series, created to help readers question inherited narratives, reconnect with their own voice, and live from a more honest understanding of themselves.

A QUESTION TO CARRY HOME

What if the person you have been searching for has been quietly waiting beneath the story all along?



Your Meeting, Made Simple

A flexible 75-minute plan. Adjust it to fit your group, your pace, and whether someone brought dessert that deserves proper attention.

10 MIN **ARRIVE & SETTLE**
Share one word describing what stayed with you.

10 MIN **OPEN THE CONVERSATION**
Begin with the question that feels safest or most inviting.

35 MIN **DISCUSS THE BOOK**
Choose four to six questions. Depth matters more than finishing the list.

15 MIN **PERSONAL REFLECTION**
Offer one optional prompt and allow quiet writing before sharing.

5 MIN **CLOSE WITH INTENTION**
Ask: "What is one truth you want to remember this week?"

INVITE DIANNA

Dianna is available for select virtual and Frederick-area book-club conversations.

Your group can ask about:

- the questions behind the book
- her spiritual journey
- writing across genres
- the Beyond the Story series



SCAN FOR THE BOOK PAGE

KEEP THE CONVERSATION GOING

Explore the book, invite Dianna, or connect with her reader community.

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Thank you for bringing *The Self Beneath the Story* into your conversation.