

BETHANY HAMILTON

DISCUSSION QUESTIONS



Want to share your natural high with Bethany Hamilton? Tweet her @bethanyhamilton with #LiveNaturallyHigh. She might tweet back!

1. Bethany says that staying drug-free was not a hard choice for her. Is it a hard choice for you? Why or why not?
2. Bethany lost her arm to a shark attack, which changed her life forever. She discusses how everyone has problems, including school, family and other issues. What are some of your small challenges? How about some of your larger ones?
3. Describe a small or large challenge you faced recently and how you dealt with it. What are you proud of in your response and what would you change?
4. Having a natural high helped Bethany stay focused during a difficult time. Do you have a Natural High, a relationship, or a responsibility that helps you to remain focused? What is it, and describe a time it helped you to keep your focus?
5. Have you ever been disappointed or dissatisfied by your natural high? How can you use Bethany's story to encourage you to overcome challenges when your natural high seems to disappoint you?



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