



From Broken Mess to Metal Musician

with Trevor Tyson

DISCUSSION

1. 2:18—Have you ever had a panic attack before? When was it, where were you, and what did it feel like? Did you know in the moment that it was a panic attack, or did you think it was something else? Did you tell anyone else about it, and if not, why? *Psalm 34:4*
2. 3:59—Have panic attacks, or some other kind of generalized anxiety, ever made you give up something you had previously been good at or enjoyed doing? At the time, did you see it as a personal failure, something to feel embarrassed about? *Proverbs 12:25*
3. 11:51—If you've ever abused drugs or alcohol, think back to that time and what you were feeling. Were you trying to "self-medicate" emotional pain or feelings of shame or regret? How long did the temporary relief usually last before you were back to feeling depressed again? What made you finally realize that drugs or alcohol weren't solving your larger problems? *Psalm 147:3*
4. 18:40—Have you ever felt the urge as an adult to pursue a dream you'd had since childhood? What was that dream, and why did you resist following it for as long as you did? If you ended up embarking on that dream, what inspired you to finally pursue it? *Psalm 37:4*

5. 20:03—Of the values, lessons, and principles that you live by, are there any that you originally rejected when they came from an authority figure (parent, pastor, etc.), but were more willing to accept when they came from a musician, writer, or artist you loved? What was it about the way they presented that message that made it so much more relatable or meaningful than when you first heard it?

6. 23:57—At this point in your life, which would you say is louder: the voices of other people criticizing you and your abilities, or your own inner voice telling you that you're not good enough?
Romans 8:1

7. 27:07—In your adult life, have you ever been in a relationship with someone whom you thought you had to be with in order to be happy, and then, when that relationship ended, you realized getting out of it was the best thing that could've happened? What did that relationship prevent you from doing that you were able to do once you'd been separated from that person?
Proverbs 13:20

8. 42:20—Have you ever been in a job or organization where you were regularly exposed to certain kinds of temptation? Did those temptations ever grow to a point where they drew attention away from the work you were supposed to be doing? What steps did you take to guard against that temptation and be accountable for your mistakes?

ADDITIONAL RESOURCES

- HeartSupport, the nonprofit Trevor's band partners with that uses music to reach out to people struggling with mental health (heartsupport.com)