

## Interview Questions

# I'd Like to Thank The Cartel For Getting Me Out of The Cult

### OPENING: The Book & Why Now

1. You talk about how you lived several lifetimes before you were forty. Why did you decide to write the book now?
2. What was harder — living it or writing it?
3. What do you think surprises people most about your story once they start reading?

### GOING DEEPER: The Story Itself

4. Is there a moment in your life where you thought, "I wouldn't believe this if I read it in a book?"
5. What's one moment you wish you could have filmed, just to prove it really happened?
6. Is there a scene in your book that still makes you shake your head and laugh even though it shouldn't be funny?
7. Was there ever a point when you thought, "Maybe I'm the crazy one"?

### THE COST: Resilience & Strength

8. In the book you share that the best advice you've ever received was, "Robyn, you are resilient. Stop making decisions that make you prove it." Tell me more about that.
9. What did all that resilience cost you? What did you lose by having to be that strong?
10. What do you think people get wrong about you as a "strong woman"?
11. You were around drugs constantly in your first marriage. What kept you from going down that road when so many others did?

### TRANSFORMATION: Becoming Who I am Now

12. If the younger version of you met the woman you are now, what would completely shock her?
13. Is there a moment in the book that still makes you proud of yourself — the kind that makes you want to high-five your younger self?
14. After everything you've lived through — cult, cartel, chaos — how are you doing living a peaceful life now?

15. Having gone through everything you have, what's something you've learned about happiness and joy?

### **RELATIONSHIPS: Old Patterns & New Love**

16. You wrote about how ambiguous relationships, the ones that are unpredictably hot and cold are the most toxic, how do you navigate those types relationships without losing yourself?
17. I've heard you say your current husband Russ is a great partner for you. Do you think the two of you would have dated when you were younger? What makes him so good for you?
18. You had to ask your current husband Russ out four times. Was he just not interested? What was going on there?

### **HEALING & MOVING FORWARD**

19. What's one thing people assume about "healing" that you wish they'd stop saying out loud?
20. What do people misunderstand about what it takes to actually move forward after trauma?
21. If someone reading your book realizes they're in a toxic dynamic right now, what's the first small thing they should do?

### **THE COACHING WORK: From Story to Practice**

22. You've lived through extremes most people only see in movies. When you finally got to college at 32, what drew you to study high-performance psychology?
23. You've said even smart, successful people can get caught in manipulation or control. What's one red flag most people miss — even the high performers?
24. You talk a lot about "head trash", "self-sabotage" and "psychological barriers" in your work. What are some of the most common ways you see people getting in their own way?
25. What's a question you ask clients that always stops them in their tracks?

### **CLOSING: Impact & Legacy**

26. What do you hope people feel after hearing your story — not what they think, but what they feel in their gut?
27. If this book changes one thing about how people see themselves or their situation, what do you hope it is?
28. After everything you've survived, what's one totally ordinary thing that feels like a luxury now?