



ALWAYS ON A TUESDAY

READER DISCUSSION GUIDE

Stories stay with us longer when we talk about them.

1 Competence can become its own kind of camouflage.

Loren has built a life around being capable, dependable, and composed. At work, those qualities have helped her succeed, but they also shape the way other people see her—and perhaps the way she sees herself. What do you think Loren gains from being the person who can always handle things? What does that identity cost her? At what point can a strength become something that prevents other people from recognizing when we need help?

2 Loren is accustomed to solving problems.

Much of her professional life revolves around identifying what is wrong, understanding why it happened, and determining what needs to happen next. That approach works remarkably well in the workplace. How does Loren bring that same instinct into her personal life? Why might uncertainty be particularly difficult for someone whose competence has become central to her identity?

3 Throughout the novel, there is a tension between how Loren appears and what she experiences internally.

The people around us often make assumptions based on what they can see: a career, relationships, humor, confidence, productivity. How much responsibility do we have to look beyond those outward signs? Do you think our culture is particularly likely to overlook distress in people who continue to perform well? Have you ever known someone whose outward life told a very different story from what they were carrying privately?

4 Loren's relationships reveal different versions of her.

Who we are with colleagues may not be who we are with family, friends, partners, or ourselves. Which relationships seem to allow Loren to be most fully herself? In which does she seem to perform a particular role? Do you think those versions of Loren contradict one another, or are they all equally authentic parts of her identity?

5 Control is an important undercurrent in Loren's story.

There is the control we exercise over our work, our environment, our bodies, our emotions, and the way other people perceive us. What does control seem to mean to Loren? When does it protect her? When might it limit her? Do you think the desire for control is necessarily rooted in fear, or can it also come from responsibility, ambition, love, or survival?

6 The novel asks readers to consider what resilience actually looks like.

We often describe resilient people as those who keep going, remain productive, and withstand difficult circumstances. Does *Always on a Tuesday* challenge that definition? Is continuing to function always evidence that someone is coping well? What other forms might resilience take?

7 Loren's identity exists at the intersection of several worlds.

Her professional identity, family history, cultural background, sexuality, relationships, and private emotional life all influence how she moves through the world. Did one aspect of Loren surprise you in the way it shaped another? How much of identity do you think we consciously choose, and how much is constructed from expectations we inherit or absorb?

8 Mental health is discussed in the novel without separating it from ordinary life.

Loren still has meetings to attend, people to answer, responsibilities to manage, and relationships to navigate. How did that affect the way you understood her experience? Why do you think mental-health struggles are sometimes easier for society to recognize when someone has visibly stopped functioning than when that person continues succeeding?

9 The title *Always on a Tuesday* gives an ordinary day an unusual amount of weight.

Tuesday is neither the beginning nor the end of the week. It is usually unremarkable. Without discussing later plot developments, what did the repetition of Tuesday come to represent for you as you read? Do ordinary dates, places, songs, or objects ever acquire meaning simply because of what happened around them?

10 One of the novel's central questions is what happens when the person everyone relies upon needs somewhere to put down the weight.

Who gets permission to struggle? Do high-performing people sometimes participate in creating the expectations that eventually trap them? What would it mean to care for someone without requiring them to first prove that they are struggling?