



THIS WASN'T MEANT TO HAPPEN

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Book Club Discussion Questions

1. How does Sofie's experience of grief shape or challenge her identity throughout the novel? In what ways does her logical, risk-averse nature both help and hinder her?
2. Rory and Sofie grieve in very different ways. How do their personalities affect their responses to loss? Did you sympathize more with one over the other?
3. The novel explores the loneliness that can come with grief, even within close relationships. What did you think about how friends, family, and even Sofie and Rory support—or fail to support—each other?
4. Sofie often turns to numbers and probability for comfort. What does this say about how we try to make sense of tragedy? Can logic and emotion ever fully coexist?
5. The title suggests an inevitability turned upside down. By the end, did you feel the story offered hope? What does healing look like for Sofie?
6. This book deals with stillbirth in a deeply personal and honest way. How did the novel's approach affect your understanding of baby loss? What impact might it have on broader conversations?
7. Were there any moments in the book that felt particularly difficult or cathartic to read? How do you think the novel opens up space for empathy and connection?