

# Discussion Guide

## The Chef's Crush

1. What is Jenna's first impression of Colton?
2. How do you handle negative self-talk?
3. How does Jenna's impression of Colton change?
4. How would you describe your relationship with your family?
5. Why does Dallas's arrival affect Colton so badly?
6. Who is your Dallas, and how do you respond to their words and deeds?
7. Have you misinterpreted a situation? How did you fix your mistake?
8. Hayden encourages Colton to see a therapist. How do you encourage your friends? How do they encourage you?
9. Who are you grateful to have in your life?
10. How has Colton changed by the end of the book?