

1. On numerous occasions, Ursula tried to tell her husband about her “one little secret,” but he didn’t have the time to listen. Was Ursula really avoiding the truth, or was she lying, or...what?
2. Have you been in a situation when someone who was influential in your career, goals or dreams made inappropriate advances toward you (i.e. Cristoff’s advances toward Ursula)? If so, how did you handle it? How did Ursula handle it?
3. Do you have a dream that you have put on the backburner for your spouse’s career? How did, or does, that make you feel?
4. What do you think about a married woman like Ursula becoming friends with a single man, like Nik? Is that dangerous? How do you keep it safe?
5. Many baby boomers are becoming “empty nesters” like Ursula and her husband. What are some tips to help successfully transition to this next chapter in life?
6. There are a lot of high fashion brand names mentioned throughout *One Little Secret*.
 - a. How important is keeping up with style and fashion and “the Joneses” to you?
 - b. What can we learn from OLS to help our youth who see this life style plastered all over TV, the Internet, magazines, etc.?
7. We know *One Little Secret* is fiction, however, should we hold on to our life long dreams that haven’t been realized yet as Ursula did?
8. Ursula’s husband had worked hard for many years to achieve his level of success. He never really seemed interested in Ursula’s dreams until her secret was revealed.
 - a. Had Ursula sacrificed too much of herself, almost losing her identity, in the process?
 - b. What might you have done differently in those circumstances? Would you have pursued your dreams anyway?
 - c. Should we sacrifice our God given dreams for someone else?
9. The author says she used this sentence below as a focal point throughout the writing of *One Little Secret*...what does this make you think about as you reflect on your own relationships. “*Love grows stronger in sacrifice.*”
10. If you could ask the author anything whatsoever about *One Little Secret*, what would it be?