

Behind Her Eyes

by Sarah Pinborough

PLEASE NOTE: In order to provide reading groups with the most informed and thought-provoking questions possible, it is necessary to reveal important aspects of the plot of this novel—as well as the ending. If you have not finished reading *Behind Her Eyes*, we respectfully suggest that you may want to wait before reviewing this guide.

1. When Louise’s life gets entwined with her lover, David, and her friend, Adele, she finds it difficult to give either of them up. Could you identify with her indecision and longing about either or both of them?
2. Adele, David, and Louise all keep secrets from each other. Whose secrets surprised you most?
3. What did you think of Adele and Rob’s friendship? When you look back at Adele in the past chapters, how different does she seem from Adele in the present?
4. Louise loves David, but she becomes increasingly worried about Adele’s welfare in her marriage. As Louise starts “to complete the jigsaw of their crazy marriage,” what did you think was going on between Adele and David? Did you feel suspicious of David?
5. Under the guise of friendship, Adele begins to shape Louise into who she wants her to be, helping her to get fit, stop smoking, and quiet her night terrors. Through the book, did you feel like their friendship was real, even though both were clearly hiding things?
6. Now that you know the ending, what do you think of the book’s title, *Behind Her Eyes*?
7. From the start, Adele seems to know things that she shouldn’t. How did you think that would be explained?

8. Adele talks about “this life I fought so hard for,” and she believes that “I can never be happy until David’s happy.” In Adele’s mind, everything she does is for David, and she keeps saying, “The course of true love never did run smooth.” Do you think she really loves him?

9. Adele teaches Louise about lucid dreaming, a real phenomenon, but then takes her a step farther, beyond the second door. Have you ever had a lucid dream?

10. The second door changes everything for Adele and Louise, and it introduces a supernatural element to this psychological thriller. How did you feel about the element of the second door?

11. Louise takes matters into her own hands and tells the authorities about Adele’s suspicions that David had caused Rob’s death, but after she meets Marianne, she figures out that Adele has been lying to her about many things. At that moment, what did you think would happen next?

12. The ending of *Behind Her Eyes* contains a huge twist. When you think back through the book, starting with the prologue, what clues did the author provide about what is really going on?

13. What did you think of the ending? Did you see it coming? What do you think will happen next?