

DISCUSSION DAY GROUP QUESTIONS

- Group 1:
1. What are some time-out or refresh strategies that work for you?
 2. Why are these time-outs helpful to you?
 3. How are you able to minimize the negative factors in your life at home, with friends and at school?
- Group 2:
1. What are the consequences of making decisions that drain your energy?
 2. How do you stay positive in the face of adversity and obstacles?
 3. What kinds of obstacles have you had this year?
- Group 3:
1. What are some ways that you are avoiding the temptations of addictions?
 2. Is your avoidance of temptations helping anyone besides yourself? How?
 3. How are you becoming more of a giver and less of a taker?
- Group 4:
1. Have you been able to minimize the effects of takers in your life? How?
 2. How is an attitude of gratitude helping you?
 3. What good things are you grateful for at this point in your life? Why?
- Group 5:
1. What are the struggles that you are grateful for at this point in your life? Why?
 2. What are you doing that is improving your maturity?
 3. How is your maturity affecting your path towards life goals?
- Group 6:
1. Are there people who are fading out of your life because of your choices? Why?
 2. How are you able to hold strong to your values and life path despite crushes and relationships?
 3. Do crushes help you or hurt you? (both when you have a crush and when someone has one on you)
- Group 7:
1. Are you the person you want to be for someone in a relationship? Why or why not?
 2. What kinds of relationships can grow with you as you work towards your goals?
 3. What are some red flags in relationships?
- Group 8:
1. What are some good dating standards or rules to use for yourself? Why?
 2. How can you tell if someone is mentally healthy or unhealthy?
 3. How can you tell if someone is emotionally healthy or unhealthy?