



Fill in the Blanks Discussion Generator – This activity is easy and can be done in person or through telehealth. It is good for both adolescents and adults and for people with any type of presenting problem as the directions are clear and simple: Just take turns reading out loud each of the “fill in the blank” discussion points and let group members give their answers. It is up to the group to see where these discussions go by asking follow-up questions and sharing support and feedback. ***This is better done as a discussion than as a worksheet - Remember there are no right or wrong answers and this is not a contest to see who can be the cleverest – Just say what is on your mind:***

Random Conversation Starters

Before I _____ I definitely have to _____

I am not going to _____ without my _____

When I look at _____ I can't help but seeing _____

If I was getting paid to _____ I would have over a million dollars by now

If I could just figure out _____ then I would _____

I think I could get into _____ if it wasn't so _____

People sometimes think I'm _____ but I am actually _____

If _____ was here right now I would probably _____

If I could just have _____ then I would make sure to _____

The key to understanding _____ is that you need to _____

I can _____ better than most people

If you want to learn the right way to _____ then you should _____

Sometimes when people _____ I really want to _____ but I usually just _____

One good thing about my life is _____ even though sometimes I have to _____

Feelings

_____ can make me cry

_____ makes me laugh

I am happiest when I am _____

One sure way to make me angry is to _____

I try never to _____ because later I will feel guilty about it

I need _____ in my life in order to feel like I am at peace

When I am able to _____ I feel proud of myself

I can feel confused by _____

I get upset when people _____ but I don't care much when they _____

One thing that gives me anxiety is _____ but one thing that helps is _____

If you want to see me stressed out, then make sure to _____



Thoughts and Opinions

_____ is okay, but _____ is better if you ask me

The main difference between a friend and an acquaintance is _____

_____ is the best part of _____

I like _____ except that I could do without the _____

I will choose _____ over _____ just about every time

I like _____ even if some people say _____

I think that _____ is one of the best _____

Even though some people think _____ is important, I just don't care very much about _____

I can handle _____ but I sometimes I have a hard time with _____

I often want _____ but I really need _____

One of the most important things in my life is _____ and I would like to rid my life of _____

I'd rather _____ for a month than have to _____ for one day

I don't trust it when people say _____ because I know that people _____

I appreciate it when people _____ but I often say "no thanks" to _____

I like thinking about _____ but I would rather forget _____

I love to go _____ but you won't find me anywhere near _____

I have pretty good self-control when it comes to _____ but I have to watch myself around _____

_____ sets a fire under me (gets me motivated) but _____ slows me down

When people think of me, I would like _____ to come to mind but I would never want to be associated with _____

Deep thoughts

Love is _____

Strength is _____

Recovery is _____

Family is _____

Faith is _____

Hope is _____

Forgiveness is _____

Serenity is _____

Success is _____