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 __________

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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 ______