



Teaching an Old Dog New Tricks

Below is a list of some very important and desirable human traits that dogs often can display much better than us on a consistent basis. Discuss each one as a group:

1. **LOYALTY**
2. **FORGIVENESS**
3. **ENTHUSIASM**
4. **JOY**
5. **OPTIMISM**
6. **SELFLESSNESS**
7. **WARMTH**
8. **WELCOMING**
9. **AFFECTION**
10. **UNCONDITIONAL LOVE**

Follow up group questions:

If you have a dog, discuss how dog ownership can help you cope. For those who don't have a dog, share how animals and nature in general can help us to cope and thrive.

Which of the 10 qualities discussed do you feel like is a strength for you and how do you know (When and how do you show this quality)?

Pick one quality above and share how you can increase your effort to display this positive quality more in your life and how do you specifically plan to do this going forward?