



Insight: Who Knows the Group?

Insight Defined:

The capacity for understanding one's own or another's thoughts, feelings, motives, and problems

"Sight with the eyes of the mind," mental vision, understanding,"

Discussion Questions:

1. Does everyone have insight?
2. What is the importance of insight?
3. Why is insight one of the most important factors for treatment to be useful?
4. What is it commonly called when someone lacks insight into a problem in his or her life?
5. Does simply saying or believing something is true or not true make it reality?
6. How can you gain/increase insight?

Exercise – Who Knows the Group? – Directions:

The object of the game is for people to try to insightfully guess how the group will answer various questions.

One person goes at a time each round and the counselor will read one of the questions listed at the end of the exercise”

For example – the question may be “How many people here like pizza”

The player whose turn it is then should make a prediction as to the total number of people (besides him/herself) who will answer YES to the selected question. By show of hands, after the prediction is made, everyone who said yes/true should raise his or her hand

Scoring:

- Number of “Yes” guessed exactly = 5 points
- Number of “Yes” one off (plus or minus) = 3 points
- Number of “Yes” two off (plus or minus) = 1 point

So back to the example: Player 1 goes first and the counselor asks “How many people here like pizza?” Player 1 then guesses that 5 people in the group will say they like pizza. The counselor then instructs the rest of the group to raise their hand if they like pizza. Suppose 5 people raise their hand then Player 1 got it exactly right! If four or six people raise their hand he was one off and he gets 3 points, etc.

Play then passes to the left and the counselor selects a new question for the next player and repeat the process



IMPORTANT - For this activity to be fully effective, counselor should take time to process people's answers for each round and generate open discussion. After the guessing part is done in each round, ask people who raised their hand to say "yes" to share their personal answer for that round

SAMPLE QUESTION LIST: (Counselor may elect to make up their own questions or use this list)

Counselor reads questions by saying "How many people here..." (Use in any order)

- Have ever been arrested?
- Have gone more than 3 months without using alcohol or drugs since they've started?
- Have someone in their life that they HATE?
- Have ever gone to school (or work) under the influence?
- Have ever had a blackout?
- Have a parent that knows the truth about how much they have really used? (Other family member?)
- Have ever dealt drugs?
- Have ever stolen for the purpose of getting drugs/alcohol (options – from friends, family, large amount?)
- Believes that they have a problem with authority?
- Can look their parent/guardian in the face when they are high without getting caught?
- Think that they have a problem with anger?
- Have something on their mind these days that they feel guilty about?
- Feel like they are living up to their potential
- Do not like their family (as a whole)
- Have ever lied in this group program?
- Have ever spent more than (name amount of \$) at one time partying with drugs and/or alcohol?
- Have ever spent more than (name amount of \$) in one night gambling?
- Think that they will be a success in the end
- Believe that they will never get arrested again?
- Have a problem with trust?
- Have ever gotten beat in a drug deal (In other words you didn't get what you paid for)?
- Are or were viewed as a "druggie" in school?
- Have ever beat someone else for drugs?
- Have ever done something they ended up regretting when they were high or drunk?
- Know someone who is definitely an addict or alcoholic (option – family member)
- Feel lonely often?
- Believes in god or a higher power?
- Think they have a problem with being too immature?
- Know what they want to do with their life?
- Have a fear they deal with on a regular basis?
- Have had a dream about drugs or alcohol in the past few weeks?
- Wish they could be more honest?
- Have a problem expressing themselves?
- Wish they were happier with their life?
- Think they are making progress at this point in their life?
- Have cried in the last month?
- Have had a temper tantrum or flipped out in the last week?
- Feel like they are sincerely trying to change for the better?
- Still have a stash of drugs/alcohol?
- Have ever ran away from home?



Have ever been in love?
Thinks that they are spoiled?
Have an exceptional talent?
Think that they would do better overall in life if they didn't get high?
Have ever left the country?
Have ever gotten beat up?
Have people after them right now (wanting to fight/harm)
Have a secret they are struggling to hold onto?
Have an obsession (besides drugs and alcohol)
Feels like they are in too deep?
Have had someone stab them in the back?
Feel they are being treated unfairly?
Have an embarrassing secret?
Have someone that they want to beat up?
Have problems sleeping?
Have had a friend die?
Will cheat in a relationship if it's worth it and there is a chance to get away with it?
Have been to jail
Have been to treatment at least ___ times?
Think that it is possible that they may be an addict?
Suffer from depression
Suffer with anxiety?
Suffer from mood swings?
Have been diagnosed ADHD?
Have been to the psychiatric hospital?
Want to change?
Have ever stayed back in school?
Feel like they love themselves?
Would take something back that they did or said in the last month?
Have ever beat someone up then felt bad about it afterward?
Believe that they are a good person inside?
Know what they want out of life?
Thinks that they fight too much?
Have ever used someone to just to get something?
Have a reputation for being a liar?
Blames their parents for some of their problems?
Think that this is just the way they are and they won't ever change?
Loves their parents?
Are disappointed with the way the world is headed?
Would kill someone if there were no way there would be legal repercussions?
Have ever had sex with someone they didn't like?
Have ever been dumped by someone they really liked?
Have a sober hobby?
Admit that they self-medicate by using drugs/alcohol?
Feel like there is too much pressure on them?
Often feel like they don't know who they really are?
Has ever cut or purposely hurt themselves?
Was or is a good student?