



## Unique

Directions: Counselor brings up different hypothetical situations and each client should decide from one of the following choices: (If it's a close call, go with your best answer)

I...

- **Would** (Could you ever see yourself doing this)
- **Wouldn't**
- **Did**

This can be done verbally or written then discussed. Counselor should generate follow up discussion particularly when unique situations arise where only one person was the only one who did or would do a particular situation.

Counselor can use these hypothetical situations or make up your own:

- Have a child
- Use a needle
- Run away from home
- Go to a third world country
- See a psychiatrist
- Deal drugs
- Try out for American Idol
- Steal from family
- Pray for help when in trouble
- Join the military
- Take the rap for a friend
- ...How about a bullet?
- Go to jail
- Date someone 10 years older
- Donate an organ
- Pick up a hitchhiker
- Take a risk that could bring a large prison sentence if caught
- Eat a bug
- Wear a wig or hairpiece
- Get plastic surgery
- Break up with someone via text or email
- Date your friend's ex
- Go somewhere nice in sweat pants
- Speak in front of a large audience
- Stop using anything for one full year
- Go on TV or star in a viral video

Be Creative – Think of some of more your own. Use ideas from the group.