

Give positive feedback to one person in this room

Confront one person constructively and honestly using an I statement.

Ask one person something that you've wanted to know but never asked before.

Give a one-minute monologue on a subject that the counselor chooses stating honestly your thoughts and feelings about the topic. (I.e. love, violence, women, family)

Make one positive self statement.

Ask the entire group a yes/no question that they must answer honestly. (I.e. do you think that I will complete this program, for example or have you ever been in love?)

Complete this sentence about a person in the group:
"You are the _____est, or most _____ person in this room"

The counselor will pick a title, for example "Quiet Storm" or "Mr. Mysterious" You must pick who best fits that title and explain why.

The counselor will pick a topic, make a poem or rap about that topic for as long as you can until you mess up. (For example "drugs", a person in the group's name, etc.)

Make up a phrase that is interesting to you and add hand gestures. Afterward, the whole group must imitate it either one at a time or all at once, your choice.

For 30 seconds the group must do whatever you ask. Counselor will override anything inappropriate.

Talk about the most important aspect of a romantic relationship.

Discuss a time when you have been hurt.

Pick one person in this group to complete this sentence about you:
"You are the _____est, or most _____ person in this room"

What is the most important thing about yourself? Also, pick another person in the group to answer this question.

Where will you be in 5 years...10 years...& 20 years?

If you were an animal, what would you be and why?

If you were a cartoon, which one would you prefer being?

What is the weirdest thing you have ever eaten?

What's the worst thing you did as a kid?

What do you do to have fun? Answer can not be related to drinking or getting high

Have you been told, you look like someone famous?

Ask each of the participants to make a funny face and teach the others how to make it. The efforts taken by every one in learning will itself create humor.

Ask each of the group members to state something that makes him/her different from the rest.

If you were to choose a new name for yourself, what would it be?

If you were given an extra \$10 in change at Walmart, what would you do with it and why?

What's the biggest lesson you've learnt from your past relationships?

What's one of your worst habits?

What was the best day of the past week for you - why?



What are you wearing today which is most reflective of who you are?

Choose a unique item from your wallet and explain why you carry it around.

If you could change one thing about your physical appearance what would it be and why?

Share one of your most embarrassing moments.

If you were given a million dollars and 24 hours to spend it in, (no depositing it in the bank or investing it) what would you buy?

Who in the group has a characteristic that you value, why?

What do you commonly hear about yourself?

Ask one person in the group to say something nice about you.

Have you ever had a near-death experience?
If so, explain

Who in this room do you think that you have the most common with and why?

If you could go back in time for just long enough to say one sentence to yourself, what age would you go to and what would you say?

What is one non-drug/alcohol related thing that gets you in a good mood?

If you had to share an apartment with one person in this room for a year, who would you pick and why?

Can you remember a time when you laughed uncontrollably when sober? Describe

Speak about a person who had a huge impact on your life.

Close your eyes and count out loud to 10. In the meantime, everyone in the room strike a pose

Pick another person in this room and ask them this:
“What is one thing about you that you haven’t mentioned ever before in here”?

Would you rather be able to see into the future or read people’s thoughts?

TELL EVERYONE ABOUT SOMETHING IN YOUR LIFE THAT YOU OVERCAME, CONQUERED OR DEFEATED

Give an example of a life situation where you thought you were right at the time but now you realize you were wrong

Pick a person in the room and tell them something interesting that you learned about them

Pick two interesting things or situations and ask everyone in the group -“Would you rather have _____ or _____?”

