



Remembering When...

Directions: This is a group activity for personal sharing and group cohesion building. The directions are simple: Take turns as a group discussing the following questions from this list. There is no specific order

Start each question with: **“When was the last time that you...”**

Had an argument with a close friend
Had a good time socially while sober
Made a new friend
Did something to help others
Left the state
Left the country
Went somewhere fun
Finished reading an entire book
Helped someone who needed it
Listened to someone who needed support
Did something to care for yourself
Ate a really, really good meal
Cooked a really good meal
Used your support system effectively
Got in trouble at a job
Got a raise at work
Had insomnia
Had a really restful night's sleep
Felt “true love” (romantically) for someone
“Crushed” on someone
Felt a real and meaningful connection with someone
Went out on a date
Had a break-up
Cleaned your home really well
Got really muddy or dirty
Had an especially good day
Reached a milestone or achieved a goal
Had a good satisfying exercise session or work out
Got good news from the doctor or medical professional
Achieved a physical or health goal
Chose the healthy option
Avoided stress or anxiety effectively by using a coping skill
Avoided anger by using coping skills
Made a really good decision or avoided a really bad one
Made the ethical or moral choice even if the wrong one was easier or more tempting
Prevented yourself from falling into a depression
Felt a strong sense or motivation or inspiration
Realized something about yourself that you had not before
Bought something for one of your hobbies
Hiked, camped, fished or did something “out-doorsy”
Practiced one of your hobbies
Didn't get up because of depression
Laughed uncontrollably
Cried uncontrollably
Had a nice dream
Had an incredibly bizarre dream
Felt embarrassed or regretful for something you did



Felt really proud of something you did or achieved
Felt a true and deep sense of gratitude
Felt that “everything is going to be okay”
Gave a nice complement
Received a really nice complement
Had a pet or animal make you laugh
Did something nice for a pet or an animal
You thought about moving
You thought about a career change or going for more education or training
Got into a physical altercation
Were able to effectively share or explain your true feelings with someone
Prevented a fight from escalating
Made the best of a bad situation
You had something randomly or accidentally good happen to you
You did a solid favor for someone or helped them through something
You gave someone a random or unexpected gift
“Overdid” it with substances
Went a day without thinking about drugs or alcohol
Had police involvement
Had to apologize and did
Were apologized too
Felt like a villain
Felt like a hero
Did something creative
Felt a sense of “awe”
Moved on from something that you needed to let go of
Took it easy on someone instead of giving them a hard time
Someone took it easy on you when they could have given you a hard time
You made someone feel good (emotionally not physically or sexually)
Lost or had to pay a good amount of money
Came into a good amount of money
Hugged one of your loved ones
Ran into an old friend
Spent quality time with immediate family
Someone checked in on you and it was helpful
Sacrificed your time to help your family
Were there for a family member who needed help
Said something you regretted later
Did something you regretted later
Felt grossed out
Planted something
Won a competition, award, or reward
You said or thought to yourself “never again”
Said to yourself “I am really happy”
Were able to have a positive escape from the world without using substances
Experienced something that you will surely remember for life
Learned something that was life-changing
Had a “moment of clarity” or “awakening”
Looked in the proverbial mirror and felt comfortable with what you saw
Had a mysterious feeling like “someone out there is looking out for me”
Thought deeply about the meaning of life
Thought deeply about where you want your own life to go

This list is long but feel free to make up your own...