



Topic Turnaround

The following activity, “Topic Turnaround” is good for either a group ice breaker at the beginning of the session or it could be used as an activity to close out the end of a longer group session. The rules of Topic Turnaround are as follows:

First, the counselor or group leader should pick a topic to get the activity started. Any topic will do but it should be something relevant to the group which will stimulate interesting thoughts and discussion. *To help with understanding, examples are provided in italics below:*

- *For example, let’s say the counselor starts with the topic: “Drugs”*

The person in the group to the immediate left of the counselor should go first. That person should select and do one of the following four options related to the selected topic:

1. **Tell a Story** – All that you have to do is tell a story that involves this topic in some way. Avoid bragging or “war stories”
 - *Example: “One time when I was still using drugs, I lost my....”*
2. **Give Your Opinion** – When it comes to this topic, is this something you like or dislike or somewhere in between. Why do you feel this way?
 - *Example: “If you asked my opinion three months ago, I would tell you that I loved drugs, but nowadays, my opinion on drugs has really shifted as....”*
3. **Get Honest (About Yourself)** – Share something about yourself personally that relates to this topic. This should be deeper than just giving your opinion, rather you should share something about this topic that has to do with who you really are as a person today
 - *Example: “Being honest, when I first started this group and we talked about drugs, I was telling everyone that I was an addict to make myself look good, but at the time I still didn’t believe it. Now that I have been in the group a while I feel differently as I have learned that...”*
4. **Philosophy** – What do you think about this topic on a more global or universal level. For example, if you ruled the world, what would be your rules or guidelines related to this topic?
 - *Example: “I am not sure of my philosophy on drugs in this world as a whole, but one thing I do know is that kids should stay away from them so I believe that people should protect kids from using drugs because kids should know what they are getting into before it’s too late...”*

When a person’s turn is over, that person should pick a new topic for the next person on his or her left to respond to using one of the four choices above. Do this repeatedly around the group for the remainder of the Topic Turnaround activity