



**Fill in the Blanks Discussion Generator** – This activity is easy and can be done in person or through telehealth. It is good for both adolescents and adults and for people with any type of presenting problem as the directions are clear and simple: Just take turns reading out loud each of the “fill in the blank” discussion points and let group members give their answers. It is up to the group to see where these discussions go by asking follow-up questions and sharing support and feedback. ***This is better done as a discussion than as a worksheet - Remember there are no right or wrong answers and this is not a contest to see who can be the cleverest – Just say what is on your mind:***

### Random Conversation Starters

Before I \_\_\_\_\_ I definitely have to \_\_\_\_\_

I am not going to \_\_\_\_\_ without my \_\_\_\_\_

When I look at \_\_\_\_\_ I can't help but seeing \_\_\_\_\_

If I was getting paid to \_\_\_\_\_ I would have over a million dollars by now

If I could just figure out \_\_\_\_\_ then I would \_\_\_\_\_

I think I could get into \_\_\_\_\_ if it wasn't so \_\_\_\_\_

People sometimes think I'm \_\_\_\_\_ but I am actually \_\_\_\_\_

If \_\_\_\_\_ was here right now I would probably \_\_\_\_\_

If I could just have \_\_\_\_\_ then I would make sure to \_\_\_\_\_

The key to understanding \_\_\_\_\_ is that you need to \_\_\_\_\_

I can \_\_\_\_\_ better than most people

If you want to learn the right way to \_\_\_\_\_ then you should \_\_\_\_\_

Sometimes when people \_\_\_\_\_ I really want to \_\_\_\_\_ but I usually just \_\_\_\_\_

One good thing about my life is \_\_\_\_\_ even though sometimes I have to \_\_\_\_\_

### Feelings

\_\_\_\_\_ can make me cry

\_\_\_\_\_ makes me laugh

I am happiest when I am \_\_\_\_\_

One sure way to make me angry is to \_\_\_\_\_

I try never to \_\_\_\_\_ because later I will feel guilty about it

I need \_\_\_\_\_ in my life in order to feel like I am at peace

When I am able to \_\_\_\_\_ I feel proud of myself

I can feel confused by \_\_\_\_\_

I get upset when people \_\_\_\_\_ but I don't care much when they \_\_\_\_\_

One thing that gives me anxiety is \_\_\_\_\_ but one thing that helps is \_\_\_\_\_

If you want to see me stressed out, then make sure to \_\_\_\_\_



## Thoughts and Opinions

\_\_\_\_\_ is okay, but \_\_\_\_\_ is better if you ask me

The main difference between a friend and an acquaintance is \_\_\_\_\_

\_\_\_\_\_ is the best part of \_\_\_\_\_

I like \_\_\_\_\_ except that I could do without the \_\_\_\_\_

I will choose \_\_\_\_\_ over \_\_\_\_\_ just about every time

I like \_\_\_\_\_ even if some people say \_\_\_\_\_

I think that \_\_\_\_\_ is one of the best \_\_\_\_\_

Even though some people think \_\_\_\_\_ is important, I just don't care very much about \_\_\_\_\_

I can handle \_\_\_\_\_ but I sometimes I have a hard time with \_\_\_\_\_

I often want \_\_\_\_\_ but I really need \_\_\_\_\_

One of the most important things in my life is \_\_\_\_\_ and I would like to rid my life of \_\_\_\_\_

I'd rather \_\_\_\_\_ for a month than have to \_\_\_\_\_ for one day

I don't trust it when people say \_\_\_\_\_ because I know that people \_\_\_\_\_

I appreciate it when people \_\_\_\_\_ but I often say "no thanks" to \_\_\_\_\_

I like thinking about \_\_\_\_\_ but I would rather forget \_\_\_\_\_

I love to go \_\_\_\_\_ but you won't find me anywhere near \_\_\_\_\_

I have pretty good self-control when it comes to \_\_\_\_\_ but I have to watch myself around \_\_\_\_\_

\_\_\_\_\_ sets a fire under me (gets me motivated) but \_\_\_\_\_ slows me down

When people think of me, I would like \_\_\_\_\_ to come to mind but I would never want to be associated with \_\_\_\_\_

## Deep thoughts

Love is \_\_\_\_\_

Strength is \_\_\_\_\_

Recovery is \_\_\_\_\_

Family is \_\_\_\_\_

Faith is \_\_\_\_\_

Hope is \_\_\_\_\_

Forgiveness is \_\_\_\_\_

Serenity is \_\_\_\_\_

Success is \_\_\_\_\_