



Keeping It Real

Intro/Discussion: What qualities are usually present when someone gives an open, honest, thoughtful, truthful answer to a question?

- *Details* – a truthful story has lots of details that only someone who was there would know
- *Consistency* – Throughout the story everything from start to finish gels together nicely with no unexplained changes or holes in the story
- *Physical Cues* – Eye contact, firm direct speech
- *Candor* - the state or quality of being frank (outspoken), open, and sincere in speech or expression – freedom from bias. (A person who speaks with candor often honestly does not always tell just the good things about themselves but also is open about their mistakes and shortcomings)
- *Feelings* – When a good story is told, we should know how the storyteller was feeling. One way to do this is to use appropriate feeling words (Mad, sad, glad, etc.)

Activity –

The Counselor picks a subject that requires some thought and asks someone to share a story or express their views, thoughts, feelings, etc. on that topic. The person telling the story should strive to be as open and honest as possible. Counselor asks one or more group members to rate that person's story according to the following scale –

0 – Refused

1 – Minimal effort given

2 – OK effort – a basic answer was given

3 – Good – Satisfactory

4 – Very Good – extra effort given to really provide detail and feeling

5 – Excellent – Answer was clearly honest, thoughtful, open and insightful. All bases covered

Discuss scores and what was needed for improvement after each answer. This activity should not be focused on being competitive or critical but rather the goal is to bring out the best in one another when it comes to open and honest sharing.

SUGGESTED TOPICS:

What was one of the biggest fears you ever had to face? How did you handle it?

How have you changed since childhood? (What is different about you today, what have you learned?)

What is one relationship that has had a lot of impact on you?

What is one thing you are passionate about?

If you could change one thing about the world, what would it be and why?

If you could go back in time and relive or re-watch something from the past, what would it be and why?

What was a life changing moment or event for you?

Did you ever have a near death experience?

What is something that could make you (or has made you) cry and why?

What do you believe in and why? (If you don't believe in anything, why do you feel that way?)



What is it like for you to be in love (If you do not feel like you have been in love explain why)

What would be a situation or role where believe you are or would be at your best?

What is a difficult situation for you to handle?

If you had one month to live, besides just efforts to enjoy yourself, what are some things you would want to accomplish?

How do others control (or try to control) you? How do you try to control others?

What do you respect in the most in other people? Can people respect that about you?

If you could change one thing about yourself what would it be, and describe at least one experience that lead you to feel this way?

Do you think life has a purpose? If so what is your life's purpose and how can you fulfill it? If not, what do you need to do or learn to discover your life's purpose?

What are some definite deal breakers for you with regard to relationships? What are you able to put up with?

How do you compare with others? In what ways do you excel and in what ways do you feel insecure?

Are you where you want to be in life right now? Why or why not?

What is something that you need to let go of?

How have you let fear of what others may think or say hold you back?

If were gone, what would people remember about you? What would you like for others to remember about you one day after you've lead a full life?

If you could travel back in time and visit yourself, what advice would you give your younger self?

What is one life area where you really have to watch yourself or you may lose control or do something you may regret?

Who are you in the inside and how does that differ from what others may see on the outside?

In what ways are you a dreamer and in what other ways are you a realist?

What situation would be a living nightmare for you?

What situation would be like a dream come true for you?

In what ways are you weird? In what ways are you normal?

FEEL FREE TO MAKE UP YOUR OWN QUESTIONS