

Building Healthy Relationships

1 If I was granted three wishes, what would they be and why?

2 When I feel sad, where do I feel it in my body?

3 When's the last time I felt truly at ease?

4 What's the most adventurous thing I've done and what motivated me to do so?

5 What's the best meal I've ever had? Describe in detail.

6 When's the last time I felt emotionally uncomfortable? What did I feel and why?

7 When I feel happy, where do I feel it in my body?

8 What is one childhood memory that I cherish and why?

9 When I feel angry, where do I feel it in my body?

10 Where do I see myself in five years?