

Name: _____

Date: _____

GROUP THERAPY CONVERSATION

Direction: Each group member asks the questions below and the other members take turns answering the questions.

Question	Answer
What's one thing that made you smile recently?	
If you could have a superpower to help yourself emotionally, what would it be?	
What's one song, movie, or quote that you connect with?	
How are you feeling today—really?	
What's a feeling that's been heavy lately?	
When you feel sad/angry/anxious, what do you usually do?	