



Check-In Cheat Sheet

Most counselors start group with a check in of some kind. This is a good practice because it helps everyone in the group to give a basic status report which can set the tone for the rest of the group, whatever the topic may be. It is even a good idea to do a check in during individual therapy as well as the counselor can use the check in period to review progress toward treatment plan goals and objectives.

A **standard check in** a substance use treatment program (with rolling admission and new members regularly) may consist of something like this:

- 1) **What is your name?**
- 2) **Why are you here? (Why are you in this program – what brought you here?)**
- 3) **What was/were your substances of choice?**
- 4) **Have you used anything since last session – If so, what?**
- 5) **Briefly, how are you today? (Include any coexisting issues current being worked on in group as well as any co-occurring mental health symptoms or disorders if applicable)**

A lot of counselors like to add an item **6)** to this list which would be a thought-provoking ice breaker question of some kind. The purpose would be to get the group ready for sharing and expressing personal views, thoughts and feelings. Below is an extensive list of ice breaker questions that you, as a counselor/clinician or group leader, can choose from to add in an icebreaker to the check in:

What is one thing that you are grateful for today?

What is one goal that you have for this program today?

What is one thing (not substance related) that you do for fun?

What is one of your best memories of the last week?

How do you create more balance in your life?

What is one thing that is going right for you right now?

If you could go one place anywhere on earth this weekend for free where would you go?

What is one lesson you will never forget?

What is your favorite food?

What is your favorite color?

Who can you look for to get support in your life right now?

Who is one thing about one person that you would like to imitate in your life?

Who is one person, alive or dead, famous or not, who you find to be inspiring?

What is one thing from childhood that is a positive lesson that you would pass on to others?

Who is one person you love and why?

If you could wish something good to happen to one person today who would it be?

What is one thing that keeps you going every day?

If you could be famous for something what would you choose?

In what way are you different than most people?

What is one thing that you can say good about yourself today?

What is one positive thought that you can share with the group today?

What animal are you like and why?

If you could witness one past event firsthand which one would you pick?

If you could change one thing about yourself what would you pick?

If you could change one thing about the world what would you choose?

Who or what is something you would label as “amazing” and why?

What is one thing that will be happening in your life when you feel like you are on your way to achieving your goals

What is one thing that you feel like you deserve?

What is one thing you feel like you could give up and never look back?



What is one aspect of inner beauty in your opinion
What is something that gets you energized emotionally in a positive way
If you had the time and resources for one year to work on any project, what would you pick?
What is a simple thing that makes you happy?
What is one thing in the last week that made you smile?
You get to choose one unhealthy food and make it healthy which one does you choose?
What is one thing that you have learned in life about relationships?
What is one thing that you are unusually good at?
What is one thing that others may find boring, but you find interesting?
What is one thing that you feel like more people should know about?
If you ruled the world for one day, what is one thing that you would do?
What is a line in a book, movie, or song that you really like?
What is one of your favorite sayings? (Even if you don't know it word for word – paraphrase)
Who or what do you feel like helps you feel inner strength?
What is one thing you do when you feel you need courage?
Where is one place that you can go to feel good for a little while every now and then?
What is one thing that you find to be good, that doesn't cost anything?
What is one act of kindness you have done for someone?
What is one act of kindness from your past that you won't ever forget?
If you could know the definite answer to one of life's mysteries which one would you choose?
What is one thing that is worth the time and effort to you?
What is one thing that you could explain to others like an expert (or close to it)
What is a fact that you know that a lot of people do not?
Who is one of the most interesting people you have ever met?
What is one thing in life that you consider to be a "treat"
Who is one person who has been loyal in your life?
What is something that you have been doing for most of your life?
Who is your longest friendship?
What is one unusual positive thing that you experienced?
What is one experience you had which you would consider "a win"
What is one amazing idea you have had in your life (even if you never did anything about it)
What is a well-kept secret in this world?
What is one place that you know so well you could just about map it out from memory?
What is one of the most peaceful non drug related experiences you have ever had?
What is something you are proud to have let go of?
What is one (appropriate to discuss) thing that you like to think about when you daydream?
What is one memory that you still can laugh about?
Who is the most successful person you know personally and why?
What is one short story of bravery that stands out to you?
What helps you to keep from quitting?
What is one thing that you find to be amusing?
Who or what is something or someone you have compassion for?
If you had just a little more courage, what would you try?
What is one of the best decisions you have ever made?
What is something creative you have done?
What is one area of focus for you in life right now?
Who or what is something/someone you have faith in?
What makes someone a good person in your opinion?
What is one thing you have no problem being honest about?
What is one thing from your imagination you are willing to share?
Who is someone who has been kind to you in your life?
What is one thing that you are passionate about?
What is one thing you would describe as "powerful"?
What is one practical tip that can help someone get through a tough week?
What is one thing you have done that was romantic?



What is an area that you are very understanding about?
What makes someone tough in your opinion?
What is something witty you can share with the group?
What is one adventure you would like to go one?
Who or what is something you find it easy to have affection for?
What is a situation that you have a lot of empathy for?
What is something some did for you that was generous?
What is one invention this world needs?
What is something sensible you have heard in your life?
What is something that you would describe as awesome?
After a job interview, what is one positive person the interviewer should say about you?
What brings you joy?
What is adorable to you and what is deplorable?
What is one thing that you are confident that you could say from the heart?
Who or what has been a positive influence in your life?
How have you been a positive influence on someone else?
How do you relax?
What is something small that you appreciate?
What is one area of life that you have organized?
What is a topic you enjoy discussing (and why)?
What is one quality that you have that could make you a leader?
What is one area you feel self-confidence about?
What is something that you are a lot better at now than you used to be?
What is something that you achieved that you may not have believed you would when you were younger?
How are you still like yourself when you were a child?
What is one area which you have grown or matured in?
What is one thing you have seen that you would describe as beautiful?
What brings you comfort?
What is one thing you are curious about?
What is worth fighting for in life?
What brings harmony to people's lives?
What is one thing you are motivated about today?
What is one thing that helps you be resilient?
If there was one app you could invent to make your life easier what would it be?
If someone made a movie of your life, what would they call it?
What is one thing that you want to know more about?
What are three words that describe you?
What is one thing that you strive to do on a daily basis?
What is one way that past failure was a learning experience for you?
How can you still find happiness even when you are bored or lonely?
What is something unique about you?
When are you happiest?
What is a recent accomplishment you've experienced?
What are three qualities of successful people in your opinion?
Besides luck, why do people succeed, what are some of the difference makers?
How would you describe your attitude toward why you are here?
What is an example in your life where you have refused to quit?
What are three things on your bucket list?
What are three habits that would improve your life?
What does a good relationship look like to you?
What is one thing worth waiting for?
What is one of your favorite memories?
What is your favorite thing about being you?
What would be your idea of paradise?
Why does love mean nothing to a tennis player?



Fill in the blank options:

It's time to quit when ____
It would be a dream come true if ____
The day I find out ____ is when I will finally ____
If I only could ____ a little better, then I would finally ____
The key to being able to ____ is to first learn not to ____
I have heard them say that ____ is true, but if you ask me, I would say ____
The only thing better than ____ is ____
More people would be friendly if ____
People could say I am versatile because I can do ____ and ____
People would say I am a hard worker if they could see me ____
My intuition often tells me ____ but still I end up ____
Sometimes I ____ just to ____
I want to say thank you to ____ for ____
I feel that I don't judge others for ____ because ____
People can depend on me for ____
One area of life that I am decisive is ____
I am determined not to ____ at this point in my life
One thing that I need to get through today is ____
If I had the time and the money, I would ____
I would much rather ____ once than ____ a dozen times
You will know I have made it finally when I ____
If I could build up the courage, I would ____

Rating Scale Check in Options -

➤ **START WITH:** "Using a scale of 0 to 10" ...

How would you rate your current overall progress?
How satisfied are you right now with where you are in life?
How important is sobriety to you right now?
How confident that you will one day realize your goals?
How likely are you to successfully complete this program?
How good of a day are you expecting to have today in this program?
How would you rate how your morning went so far?
How excited are you for the weekend, any why?
How easily influenced are you by others?
How strong of a person do you feel you are?
What was the strongest love you ever felt?
How focused on success are you right now in your life?
How important is it to you that you get regular exercise?
How creative are you?
How motivated are you at this point in your life?
How important to you is it to be self-aware?
How productive have you been this week?
How comfortable are you with your life?
How patient of a person are you?
How much do you need the internet?
How good is your imagination?
How positive is your attitude?
How dedicated are you at this point in life?
How resilient of a person are you?
How hard of an effort do you put in on most days?
Where are you in "the process"?



Feelings – Some clinicians like to do a feelings check in as part of the overall check in process. One of the challenges is that often group participants answer the question “How are you feeling?” with **thoughts** rather than actual feeling words. Some clinicians use a feeling chart for this. Below is a brief feeling list based on some of the common reactions that group members may have to the check in question – **How are you feeling?** To use the chart, substitute the phrase in bold at the top of each box with a feeling word below it

“I’m OK/fine/pretty good” ...	“Not so good”
Calm Relaxed Content “Chill” Composed Peaceful Interested Focused Glad Upbeat	Worried Stressed Annoyed Irritated Disappointed Sensitive Anxious Frustrated Upset Lonely
“I’m good”	“Bad”
Satisfied Pleased Happy Grateful Enthusiastic Confident Interested Proud Relieved Amused Happy	Depressed Sad Hurt Sensitive Hopeless Discouraged Angry Overwhelmed Guilty Lonely Disgusted
“Great”	“I don’t know”
Excited Ecstatic Hopeful Joyful Optimistic Inspired Motivated Successful Valued Positive Thrilled Wonderful Appreciative Elated	Insecure Confused Vulnerable Isolated Disconnected Numb Withdrawn Afraid Hesitant Troubled Out of control Unsure Indecisive Shy
<u>OTHER</u>	
Eager Shocked Curious Empowered Serious Jolly Surprised Amazed Respected	Jealous Pessimistic Embarrassed Remorseful Resentful Cautious Vulnerable Disillusioned Apathetic



Integrated Check In - The following information may not apply to your program now but perhaps in one day will. Programs that are including medical care along with substance use and mental health care require a **fully integrated check in process** that accounts for medical and physical healthcare in addition to mental health and substance use (behavioral healthcare). Programs such as Certified Behavioral Healthcare Clinics (CCBHC) follow this fully integrated model of care.

The future of the behavioral health field is moving toward **integration** of mental health, substance use and physical health issues being addressed throughout all episodes of care. Some agencies have made more progress than others when it comes to integrating services. If as a clinician, you want to be on the cutting edge of this field it makes sense to start working toward viewing health in an integrative manner with your consumers. After all, mental health, substance use and physical health are all important and interrelated when it comes to the overall health and well-being of our consumers. One basic way to start practicing integration as a clinician is to use an **integrated check in**. Rather than just asking about substance use in substance use programs, it is important to be comfortable asking about a consumer's mental and physical health as well. The following is a basic guideline for practicing an integrated check in during groups & counseling sessions.

Substance Use	Mental Health	Physical/Medical
<ul style="list-style-type: none"> • Have you used any substances? <ul style="list-style-type: none"> ○ What has been a challenge for you? (regarding substance use/relapse) ○ What has been working for you? 	<ul style="list-style-type: none"> • How are you feeling? <ul style="list-style-type: none"> ○ What struggles have you experienced? (mentally/emotionally) ○ What coping skills have helped you mentally? 	<ul style="list-style-type: none"> • How's your health been? <ul style="list-style-type: none"> ○ What do you need to work on or improve? (Health related symptoms/concerns) ○ What are you doing to stay healthy?
<ul style="list-style-type: none"> • *MEDICATION – <ul style="list-style-type: none"> ○ Have you been seeing your doctor/prescriber? ○ Have you been taking MAT as prescribed? 	<ul style="list-style-type: none"> • *MEDICATION – <ul style="list-style-type: none"> ○ Have you been seeing your doctor/prescriber? ○ Have you been taking psych meds as prescribed? 	<ul style="list-style-type: none"> • MEDICATION – <ul style="list-style-type: none"> ○ Have you been seeing your doctor/prescriber? ○ Have you been taking health related meds as prescribed?

*MEDICATION has been put in a separate box because asking about medication would depend upon the nature of the program for a group setting. Clinicians should get in the habit of asking about medication in individual therapy. In groups it would depend upon the type of group. For example, if it was more of a weekly educational group then asking about medication may not be appropriate in group especially if the consumers do not have a close rapport. However, in programs like IOP or residential programs where consumers are working closely together several hours per week or more, then asking about medication should be part of the program.

When to probe further: The chart below lists some issues to watch closely as a clinician during the check in process. If any of these or any other risk or safety issues are present, it is advised to follow up with the consumer to further assess for immediate risk or potential danger to self or others:

Substance Use	Mental Health	Physical/Medical
Risk factors – <ul style="list-style-type: none"> • Overdose • Hazardous use • Progression to more serious substances • Adverse reactions • Arrests/serious consequences • Current withdrawal or intoxication 	Risk Factors <ul style="list-style-type: none"> • Suicidal or homicidal ideations • Hallucinations • Delusions • Violence • Aggression • Abuse Potential • Serious impulsivity or mood instability 	Risk factors – <ul style="list-style-type: none"> • Difficulty breathing • Chest pain • Sudden numbness or weakness • Wound/injury not properly cared for • Intense localized abdominal pain • Coughing or vomiting blood • MORE – NIH click link
MEDICATION – risk factors <ul style="list-style-type: none"> • Nonadherence to meds • Serious side effects • Adverse reactions • Out of meds/running out 	MEDICATION – risk factors <ul style="list-style-type: none"> • Nonadherence to meds • Serious side effects • Adverse reactions • Out of meds/running out 	MEDICATION - risk factors <ul style="list-style-type: none"> • Nonadherence to meds • Serious side effects • Adverse reactions • Out of meds/running out



Group Therapy Questions Based on Social Determinants of Health

Economic Stability

1. How does your current financial situation impact your mental health or substance use recovery?
2. What steps can you take to manage financial stress in a healthier way?
3. How do financial barriers affect your ability to access resources for your recovery, and what support might help overcome these barriers?

Education

4. How has education or job training influenced your personal goals or sense of self-worth?
5. What new skills or knowledge would you like to gain to support your recovery or improve your quality of life?
6. What barriers to learning or education have you experienced, and how can they be addressed?

Employment

7. How does your current job or lack of employment affect your mental health or recovery efforts?
8. What kind of work environment or career path do you think would best support your long-term goals and well-being?
9. What resources or steps might help you find or maintain meaningful employment as part of your recovery journey?

Social and Community Context

10. Who in your life provides support for your recovery journey, and how do they influence your progress?
11. What community resources or groups have been helpful (or could be helpful) for your mental health or sobriety?
12. How do relationships, whether positive or negative, affect your mental health or substance use decisions?

Health and Healthcare

13. How has access to healthcare impacted your ability to focus on recovery or mental health?
14. What barriers, if any, have you faced in getting care, and how can you address or advocate for your needs?
15. How do you prioritize preventive care or routine check-ups as part of your wellness plan?

Neighborhood and Built Environment

16. How does your living environment affect your mental health or recovery efforts?
17. What changes in your neighborhood or home setting could improve your well-being?
18. What steps can you take to feel safer or more comfortable in your environment?

Cross-Cutting Reflection Questions

19. Which of these areas feels most important for your personal recovery and why?
20. What small changes in your life could positively impact any of these social determinants?
21. How can you advocate for yourself or others in addressing challenges related to these determinants?



Check In Cheat Sheet

DISCUSSION STARTERS:

Stress: Your favorite healthy escape

Easiest way to relax

One thing that helps calm racing thoughts

Support

Reflect on a specific instance where a friend's support made a difference

Discuss places or activities where you can connect with positive people

How to communicate your needs effectively to those in your support system

Setbacks/Relapse Prevention

The earliest warning sign of a setback or impending relapse

Share a success story in overcoming a setback by managing a challenging trigger

Effective strategies for avoiding high-risk situations

Depression

Share a positive habit that serves as your go to during low moments

Discuss daily routines or activities that act as buffers against depression

How does depression affect your motivation, and what activities help lift your mood?

Mood Swings

Share personal experiences with mood swings and how it has affected your recovery journey.

Discuss strategies for stabilizing mood and preventing extreme highs and lows.

How can understanding and managing mood swings contribute to long-term recovery?

Feelings and Emotions

The potential consequences of keeping a specific feeling to oneself

Explore creative ways to express emotions without using words

Share a positive outcome from expressing a challenging emotion openly

Coping Skills

Discuss a specific coping skill that surprised you with its effectiveness

Share a creative or unconventional coping mechanism you've discovered

Discuss healthy ways to cope with difficult emotions without turning to substances.

Self-Care

Discuss the most rejuvenating selfcare activity in your routine

Share a self-care ritual that helps you recharge during tough times

How to prioritize selfcare without feeling guilty

Relaxation

Share a moment when relaxation helped you navigate a difficult situation

Discuss favorite relaxation techniques for winding down after a challenging day

How to integrate relaxation practices into daily life for overall wellbeing

Motivation

Share a personal source of motivation that keeps you on the path to recovery

Discuss strategies for staying motivated during challenging times

Reflect on a past achievement that inspires continued effort

Anxiety

Share techniques for managing anxiety, such as deep breathing or mindfulness.

Discuss situations that trigger anxiety and brainstorm coping strategies as a group.

How does anxiety impact your daily life, and what steps can be taken to minimize its effects?



Check In Cheat Sheet

Goal Setting

Share a short-term goal related to your recovery journey
Discuss the importance of setting realistic and achievable goals
How to stay focused on long term goals while celebrating small victories

Cravings

Share a coping skill that has been specifically effective for you in managing cravings.
What is a good way to distract yourself when cravings come up?
How do you handle cravings or urges when they come up unexpectedly?

Trauma

Talk about the connection between trauma and substance use, and strategies for healing.
Share ways to create a safe environment for discussing traumatic experiences in a group setting.
Discuss the importance of professional help in addressing trauma and substance use.

Positive Affirmations

Share a positive affirmation that resonates with you
Discuss how positive self talk contributes to mental health and recovery
Reflect on the impact of incorporating affirmations into daily routines

Gratitude

Share a specific moment of gratitude from your recent experiences
Reflect on the connection between gratitude and a positive mindset
How expressing gratitude can strengthen connections with others

Communication Skills

Share a communication strategy that has improved your relationships
Discuss challenges in expressing needs effectively and brainstorm solutions
How to navigate misunderstandings or conflicts in a healthy way

Boundaries

Discuss the importance of setting and maintaining healthy boundaries
Share a situation where establishing boundaries positively impacted your wellbeing
How to communicate boundaries assertively and respectfully

Mind-Body Connection

Reflect on an experience where physical activity positively impacted your mental health
Discuss the role of nutrition in supporting overall wellbeing and recovery
Share mindfulness practices that enhance the mind-body connection

Resilience

Share a personal story of overcoming adversity and building resilience
Discuss strategies for bouncing back from setbacks in recovery
How to cultivate resilience through self-reflection and learning

Creativity

Share a creative outlet that brings you joy and serves as a form of expression
Discuss the role of artistic activities in promoting mental wellbeing
How to incorporate creativity into your routine for therapeutic benefits

Personal Growth

Reflect on a recent personal growth experience and its impact on recovery
Discuss the importance of continuous learning and self-improvement
Strategies for embracing challenges as opportunities for growth



Check In Cheat Sheet

Hobbies and Interests

Share a hobby or interest that brings you joy and a sense of accomplishment
Discuss the role of hobbies in providing a healthy escape from stress
How to explore and cultivate new interests during the recovery journey

Forgiveness

Reflect on the concept of forgiveness and its role in personal healing
Share a personal experience of forgiving oneself or others
Discuss strategies for letting go of resentment and embracing forgiveness

Cultural Identity

Share aspects of your cultural identity that contribute to your wellbeing
Discuss the importance of cultural awareness and sensitivity in recovery
Strategies for incorporating cultural practices into selfcare routines

Sleep Hygiene

Share tips for maintaining good sleep hygiene and its impact on mental health
Discuss common sleep challenges during recovery and brainstorm solutions
How to establish a bedtime routine that promotes restful sleep

Mindfulness and Nature

Discuss the benefits of connecting with nature for mindfulness and relaxation
Share personal experiences of finding peace and serenity in natural settings
How to incorporate nature-based mindfulness practices into daily life

Journaling

Reflect on the benefits of journaling for self-reflection and emotional expression
Share prompts or topics that have been particularly insightful in your journaling practice
How to establish a consistent journaling routine for therapeutic purposes

Holistic Wellness

Discuss the interconnectedness of physical, mental, and emotional wellbeing
Share holistic wellness practices that have positively impacted your recovery
Strategies for creating a well-rounded approach to health and wellness

Mindful Breathing

Share the benefits of incorporating mindful breathing exercises into your routine
Discuss specific breathing techniques that help manage stress and anxiety
How to use mindful breathing as a tool for grounding and centering

Celebrating Progress

Reflect on the importance of acknowledging and celebrating personal progress
Share a milestone or achievement in your recovery journey that you're proud of
Strategies for creating a positive and supportive environment for celebrating successes

Empathy and Compassion

Discuss the role of empathy and compassion in building meaningful connections
Share experiences of receiving or offering compassion during challenging times
How to cultivate a compassionate mindset towards oneself and others

Social Connection

Reflect on the impact of social connections on mental health and recovery
Discuss strategies for building and maintaining positive social relationships
How to navigate social situations and peer pressure during the recovery journey



Check In Cheat Sheet

Routine and Structure

Share the benefits of having a daily routine for stability and focus
Discuss challenges and solutions in establishing and maintaining a routine
How to adapt routines to changing circumstances without compromising stability

Laughter and Humor

Discuss the therapeutic benefits of laughter for mental health
Share experiences of finding humor in challenging situations
Strategies for incorporating laughter and joy into daily life

Technology Use

Reflect on the impact of technology on mental health and recovery
Discuss mindful approaches to technology use for wellbeing
How to establish boundaries and balance in the use of technology

Expressive Arts

Share experiences with expressive arts, such as music, dance, or visual arts
Discuss the emotional and creative outlets provided by expressive arts
How to incorporate expressive arts into selfcare practices

Vulnerability and Authenticity

Reflect on the power of vulnerability in building authentic connections
Share experiences of being authentic and vulnerable in a group setting
Strategies for embracing vulnerability as a strength in recovery

Body Positivity

Discuss the importance of cultivating a positive body image in recovery
Share personal experiences of fostering self-love and acceptance
Strategies for promoting body positivity and selfcare

Favorite Foods

Share your all-time favorite comfort food and why it brings you joy.
Discuss a memorable meal or dish that holds a special place in your heart.
Explore different cultural cuisines and share your favorite dishes.

Dream Vacation Destinations

Share your dream vacation destination and the experiences you would love to have.
Discuss the benefits of planning and anticipating a future trip for motivation.
Explore the group's diverse travel interests and destinations.

Favorite Books or Movies

Share a book or movie that has had a significant impact on your life.
Discuss the role of literature or cinema in providing an escape or valuable insights.
Create a list of recommendations for the group to explore together.

Music Preferences

Share your favorite genre of music and a song that always lifts your mood.
Discuss the role of music in influencing emotions and creating connections.
Create a playlist together with everyone's favorite songs.

Favorite Childhood Memories

Share a fond memory from your childhood that brings a smile to your face.
Discuss the impact of positive childhood experiences on mental wellbeing.
Explore common childhood experiences and the nostalgia they evoke.



Check In Cheat Sheet

Pet Stories

Share stories about your pets and the joy they bring to your life.
Discuss the therapeutic benefits of having animal companions during recovery.
Explore the group's love for animals and any memorable pet experiences.

Bucket List Adventures

Share an adventure or experience that is on your bucket list.
Discuss the excitement and motivation that comes from having adventurous goals.
Explore the group's individual bucket lists and shared aspirations.

Favorite Quotes

Share a motivational or inspiring quote that resonates with you.
Discuss the impact of positive affirmations and quotes on mindset.
Create a group collage with everyone's favorite quotes.

Weekend Rituals

Share your favorite weekend rituals or activities for relaxation.
Discuss the importance of incorporating downtime into a busy schedule.
Explore the group's diverse weekend routines and self-care practices.

TV Show Binges

Share a TV show or series that you recently binge watched and enjoyed.
Discuss the role of entertainment in providing a mental break and relaxation.
Create a list of must-watch shows recommended by the group

Time Management

Share a strategy that helps you stay organized and manage your time effectively.
Discuss the challenges you face when balancing daily responsibilities and personal recovery.
Reflect on the importance of setting priorities and managing time to support your well-being.

Self-Esteem

Share an experience where you felt proud of yourself, no matter how small the achievement.
Discuss how self-esteem influences your recovery and daily life.
Reflect on the importance of positive self-talk and how it can improve self-esteem.

Forging New Connections

Share a story of how you made a new positive connection that positively impacted your life.
Discuss how building new relationships can aid in your recovery.
Reflect on the importance of surrounding yourself with supportive, like-minded individuals.

Grief and Loss

Share how grief has impacted your recovery journey, and how you've navigated it.
Discuss strategies for coping with the loss of a loved one, friend, or familiar routine.
Reflect on how grieving and healing can go hand-in-hand with personal growth.

Self-Compassion

Reflect on a time when you were kind to yourself during a difficult moment.
Discuss how practicing self-compassion can improve your mental health and recovery.
Share strategies for cultivating a self-compassionate mindset in everyday life.

Adaptability

Reflect on a time when you had to adjust to an unexpected change and how you handled it.
Discuss how being adaptable can help you overcome challenges in recovery.
Share strategies for building flexibility in your mindset and routine.



100 More Thought Provoking Group Questions:

- If you could hear one person's thoughts for an entire day, whose thoughts would you choose and why?
- What is a question you've never been able to answer, but wish you could?
- If time were a physical object, how would you describe it?
- If emotions had colors, what color would your current feelings be?
- If your mind could leave your body, where would it go, and what would it do?
- What is the most beautiful thing you've never seen but imagine might exist?
- If you could communicate with any life form, what would you say, and why?
- What is the meaning of silence to you?
- If you could speak to your future self, what would you ask or tell them?
- What would a perfect world look like to you, and how would it feel to live in it?
- How would you describe the concept of "home" without using words or images?
- If you were able to live forever, what would you spend your time doing?
- What would it feel like to be the last person alive on Earth?
- If you could hold onto one memory forever, which one would it be and why?
- If you could create a new sense, what would it be and how would it change your world?
- What does it mean to "truly live" in your own opinion?
- How would you explain the feeling of love to someone who has never experienced it?
- What if the universe was a living, breathing organism—what would it need to survive?
- If you could be a character in any book, what world would you want to live in and why?
- If you had the ability to erase all memories from one day of your life, what day would you choose and why?
- How would you describe the sound of your thoughts?
- If your soul could leave your body for a day, what would you do with your freedom?
- What would you attempt if you knew there was no such thing as failure?
- If you could wake up tomorrow in someone else's life, whose life would you choose and why?
- What's the most significant thing you can't explain with logic?
- If you could create a new world, what would be the first rule or law you'd establish?
- If you could live in any historical era, what would you choose and why?
- What is the difference between existing and truly living, in your view?
- If you could know the absolute truth to one question, what would it be?
- If thoughts were tangible, what would yours look like right now?
- If there was no concept of time, how would you live differently?
- What's one thing that might change the way you see the world forever?
- How would you explain the concept of beauty to someone who has never seen it?
- What would a conversation with your subconscious mind sound like?
- If you could redesign the human experience, what aspects would you change?
- What if your life was an art piece—how would you want it to be interpreted?
- If you could live without fear for 24 hours, what would you do?
- What do you think is the role of dreams in our waking lives?
- If you could hear the truth to one question about the universe, what would it be?
- If you could feel one emotion for an entire year, which emotion would you choose?
- How would you describe the concept of hope to someone who has never experienced it?
- What does "infinite" mean to you—how do you relate to the idea of eternity?
- If you could change the meaning of life, what would you redefine it as?
- If all emotions were physical objects, which one would you carry around with you and why?
- What if the concept of "self" didn't exist—how would you live your life?
- If you could write a letter to your soul, what would it say?
- What would you do if you discovered that everything you believe is a lie?
- If you could experience the world as a different species, which one would you choose?
- What would you do differently if you were given the ability to see the future?
- How would you explain the concept of love to an alien civilization?
- What would happen if all the world's written history was erased—how would we learn from our past?
- If memories could be shared as experiences, what would yours look like to someone else?



Check In Cheat Sheet

- How would you define “truth” if you couldn’t use language to explain it?
- If your consciousness could be transferred into an inanimate object, which object do you choose and why?
- What would it be like to live in a world where every thought you have is shared with others?
- What if you could never speak again but could communicate in another way—how would you adapt?
- If you could live an entire lifetime in one hour, what would you do with your time?
- If emotions could be seen by others, how would people view your emotional state today?
- What would happen if every individual’s thoughts could be projected in a public space for a day?
- If the world was designed entirely by your imagination, what would it look like?
- What does it mean to be “truly free” in your opinion?
- If your life were a story, what would the title be?
- What is the most valuable experience you can imagine, and why does it matter to you?
- If you had to choose only one sense to keep, which would it be and why?
- What is the essence of wisdom—how does one acquire it?
- If you could hear any song from your past that you’ve forgotten, which one would it be?
- If you could invent a new form of art, what would it be and what would it express?
- What’s the deepest question you can ask about existence?
- If the world was a giant mirror, what would it reflect about you?
- What would it mean to “live forever” if time didn’t exist?
- If you could give one piece of advice to the entire world, what would it be?
- If you could travel to any fictional world, which one would it be and why?
- What if there was no such thing as conflict—what would the world be like?
- If you could live your life without making any choices, what would it be like?
- What would happen if you could see everything around you in a completely different light?
- If you could stop time for everyone but yourself, what would you do with that power?
- How would you feel if you knew everything around you was an illusion?
- If you could change your perception of reality for one day, what would you want to experience?
- What is the most profound thought you’ve ever had about the universe?
- What would it mean for you to “become one with the universe”?
- If you could relive one moment of your life as an observer instead of a participant, which do you choose?
- What do you think is the purpose of art in human life?
- If every thought you had were a message to the universe, what would you say?
- What would you do if you could experience life as another person for a day?
- If you could be any object in the world, what would you be and why?
- What would happen if the Earth could speak for itself?
- If you could pause a moment in time and stay there forever, what moment would you choose?
- What would your life look like if you truly understood the nature of existence?
- What if everything in life were meant to be a metaphor—what would your current life represent?
- If your future self could give you one piece of advice, what would it be?
- How would your world change if you could see all the possibilities at once?
- What would the world look like if everyone thought as deeply as you do?
- If you could understand the thoughts of animals, what do you think they would say?
- If the mind could exist without the body, what would that mean for your identity?
- How would you view the concept of “time” if you lived outside of it?
- If you could swap minds with anyone in the world, who would it be and why?
- What would it feel like to forget everything, including who you are?
- If reality is based on perception, how do you know your perception is accurate?
- What would you want to change about your own reality?
- If life could be experienced in reverse—starting with death—how would that change your perspective?



Check In Cheat Sheet

Here are 30 more *unusual* thought-provoking questions designed to encourage deeper introspection, stretching the imagination and challenging conventional thinking:

1. "If you could have any animal's instincts, but without their body, which animal would you choose?"
2. "If your mind could exit your body for a day, what do you think it would do?"
3. "If you could swap memories with someone for 24 hours, whose life would you want to experience?"
4. "What would happen if your thoughts were made visible to everyone around you?"
5. "If you could erase all your memories of one event, but still remember the lessons learned from it, would you?"
6. "What if every time you made a decision, a parallel universe formed where you made the opposite choice?"
7. "If emotions could be seen as physical objects, what would your current mood look like?"
8. "What if your dreams are actually glimpses of lives you are living in parallel dimensions?"
9. "If you could experience any moment in history firsthand, but could not intervene, which moment would you choose?"
10. "If your life was an experiment, who would be conducting it and what would they be trying to learn from you?"
11. "What if you could choose your own flaws like characteristics in a video game, which ones would you pick?"
12. "If you could take a snapshot of your life from a moment in the future, what do you think it would look like?"
13. "If you could speak in a language that no one else could understand, what would you say to yourself?"
14. "What if every person you've ever met is a version of yourself from another timeline?"
15. "If you could ask an inanimate object what it's thinking, which object would you choose and why?"
16. "What if the stars were actually just reflections of other versions of yourself from different realities?"
17. "If your shadow could speak, what do you think it would say about you?"
18. "What would it feel like if you could experience life from the perspective of an inanimate object?"
19. "What if every choice you made created a ripple that shaped the universe in ways you could never see?"
20. "If your memories could be rearranged like a jigsaw puzzle, how would you put them together differently?"
21. "If you could step outside your body and observe your life, what do you think you would notice?"
22. "What would you do if you suddenly realized you were the only person who could see the truth about reality?"
23. "If you could store your consciousness in a jar for a day, what would you do with the time it was outside your body?"
24. "What if the life you're living is actually someone else's dream?"
25. "If you could experience a memory in reverse, starting from the end and going backward, what would you discover?"
26. "If you could meet yourself 10 years from now, but you couldn't speak to each other, what would they show you?"
27. "What would happen if every time you told the truth, you lost a piece of your ability to lie?"
28. "If you could choose a place in the universe to send your consciousness, where would you go and why?"
29. "What would happen if you suddenly realized that your life had been a dream, and you were the only dreamer?"
30. "If you could see yourself as an object in the room, how would you perceive your own presence?"



100 Meaningful Words for Group Discussion

Courage	Curiosity	Acceptance	Listening	Sustainability
Empathy	Focus	Accountability	Teamwork	Awareness
Integrity	Collaboration	Community	Self-love	Flexibility
Innovation	Reflection	Growth	Self-discipline	Forgiveness
Resilience	Accountability	Patience	Trustworthiness	Compassion
Balance	Vulnerability	Determination	Self-reflection	Motivation
Hope	Humility	Balance	Discipline	Communication
Wisdom	Understanding	Opportunity	Mindset	Learning
Adaptability	Action	Honesty	Curiosity	Love
Leadership	Inspiration	Self-care	Understanding	Balance
Growth	Boundaries	Adventure	Empowerment	Kindness
Trust	Openness	Joy	Reflection	Creativity
Confidence	Communication	Respect	Connection	Enthusiasm
Mindfulness	Change	Success	Perspective	Transformation
Persistence	Purpose	Relationships	Wisdom	Healing
Patience	Motivation	Independence	Courage	Purpose
Gratitude	Connection	Boundaries	Openness	Possibility
Creativity	Identity	Impact	Commitment	Self-worth
Diversity	Strength	Vision	Generosity	Joyfulness
Respect	Healing	Potential	Adaptability	Gratitude
Kindness	Harmony	Challenge	Acceptance	Self-respect
Honesty	Justice	Perspective	Peace	Balance
Forgiveness	Self-awareness	Unity	Consistency	Hope
Authenticity	Empowerment	Creativity	Accountability	Presence
Compassion	Perspective	Support	Passion	Resilience



25 ORIGINAL SAYINGS FOR GROUP DISCUSSION

"Growth is not found in comfort, but in the courage to embrace discomfort."

"You are the artist of your own reality; each day, you choose the colors."

"The spaces between words are where the deepest truths are often hidden."

"A life of purpose isn't about knowing where you're going, but knowing why you're moving forward."

"The quiet moments are often the loudest; listen to what they tell you."

"Every end is not a loss; it's simply a chance to turn the page."

"True change begins when you stop waiting for permission to grow."

"Time doesn't heal, it reveals—revealing what we are ready to understand."

"To understand the world, begin by understanding yourself."

"You can't change the wind, but you can adjust your sails."

"Sometimes the biggest victories are the ones no one else sees."

"Wisdom doesn't come from knowing the answers; it comes from being comfortable with the questions."

"The future isn't something to be discovered; it's something to be created."

"What we fear the most often holds the key to our deepest freedom."

"Peace isn't found in the absence of conflict; it's found in the presence of acceptance."

"The strongest roots are those that grow in the most uncertain soil."

"Happiness is not a destination—it's the way you choose to travel."

"You don't need to have it all figured out, you just need to take the next step."

"Sometimes, the only way to move forward is to let go of what's behind you."

"The mind is a mirror; what you see depends on how you choose to look."

"Truth is like a puzzle; sometimes you have to rearrange the pieces to see the whole picture."

"The strength to face tomorrow is often born in the stillness of today."

"To be truly free, you must first free yourself from the limits you place on your own mind."

"The more you learn, the more you realize how little you truly know."

"Sometimes the journey isn't about finding the right path but discovering why the wrong one didn't work."



SILLY BUT STILL INTERESTING:

1. If you could be any kitchen appliance, which one would you be and why?
2. If animals could talk, which species do you think would be the rudest?
3. If you could only wear one color for the rest of your life, what color would it be and why?
4. Why do we drive on parkways and park on driveways?
5. If you could invent a new ice cream flavor, what would it be called and what would it taste like?
6. If you could have any superpower but it only worked for 5 minutes a day, what would you choose?
7. If you were a fruit, what fruit would you be and why?
8. If your shoes could talk, what kind of stories do you think they would tell?
9. What would happen if everyone on Earth suddenly started talking in rhymes?
10. If you could only eat one food for the rest of your life, what would it be and how would you make it interesting?
11. If you could live in any fictional world for a month, where would you go?
12. If you could only use one utensil for the rest of your life, what would it be?
13. Why do we call it a building if it's already built?
14. If your pet could get a job, what would they do?
15. If you had to make a movie about your life, what genre would it be and who would play you?
16. If you could switch lives with any fictional character, who would it be and what would be the first thing you do?
17. Why is it called 'sleeping like a baby' when babies wake up every two hours?
18. If you could trade lives with an inanimate object for a day, what would you be and why?
19. If you had to give up one of your five senses, which one would you choose and why?
20. What do you think clouds would say if they could talk?
21. If you were a sandwich, what kind of sandwich would you be?
22. If you could only watch one TV show for the rest of your life, what show would you choose?
23. Why do we say 'sleeping like a log' when logs don't sleep?
24. If you could have a conversation with your younger self, what advice would you give them?
25. If you were a superhero, what would your superhero name be and what would your power be?
26. If you could make any mundane task sound exciting, how would you describe doing laundry?
27. If you could turn any ordinary object into gold, which object would you choose and why?
28. Why is it that your feet smell, but your nose runs?
29. If your thoughts were visible on your face, what do you think people would see most often?
30. If the sun could talk, what do you think it would say to Earth?



Check In Cheat Sheet

Phrases that Amaze (Read and share what comes to mind)

Innocence lost No regrets Need a do-over Money well spent A long time coming A change of heart In the blink of an eye Out of the ordinary A moment of clarity A work in progress Behind closed doors A turning point When all is said and done A leap of faith Beneath the surface On the other side Fate or free will? Chasing the impossible A step too far Not what it seems Time well wasted Lost and found When the dust settles A change of scenery On borrowed time What if? The road less traveled In the heat of the moment Second chances Living in the moment Beyond the horizon A little too late In the nick of time Through thick and thin The calm before the storm No turning back A weight lifted Crossroads in life Not by choice	A twist of fate The road ahead Between a rock and a hard place In the blink of a memory A moment in time A shadow of doubt The power of silence A voice unheard Through another's eyes A piece of the puzzle In the wake of change The price of progress A fresh perspective An open-ended story A hidden truth The pull of the past A fleeting thought In the heat of passion The echo of decisions Beyond the veil A fork in the road The weight of the world In pursuit of clarity A spark of inspiration A fleeting moment In search of meaning The pull of curiosity In the shadow of fear A journey within The truth beneath A restless heart The edge of possibility A moment suspended In search of self The lure of the unknown The silence that speaks In the face of adversity A shift in perspective The last word
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Check In Cheat Sheet

BONUS MATERIAL – 100 Random off-topic

- "Is happiness a choice?"
- "The impact of social media on mental health."
- "The ethics of artificial intelligence."
- "Should we prioritize passion or stability in careers?"
- "The concept of time: subjective or objective?"
- "Nature versus nurture in personality development."
- "The value of solitude in a hyperconnected world."
- "Exploring the meaning of success."
- "Is forgiveness necessary for personal growth?"
- "Consumerism: Does it drive happiness or dissatisfaction?"
- "The influence of culture on individual identity."
- "Does technology make us more or less productive?"
- "The concept of beauty: subjective or societal?"
- "The psychology behind decision-making."
- "Is there a purpose or meaning to life?"
- "The role of education in shaping society."
- "The relationship between art and emotions."
- "How does privilege affect one's life?"
- "The influence of family on personal identity."
- "The significance of empathy in society."
- "The concept of justice: fairness or revenge?"
- "The impact of stress on mental health."
- "The power dynamics in relationships."
- "The connection between creativity and mental health."
- "The future of space exploration."
- "The impact of advertising on society."
- "The relationship between money and happiness."
- "The balance between individual rights and societal obligations."
- "The effects of social comparison on self-esteem."
- "The significance of rituals in human life."
- "The role of humor in coping with challenges."
- "The concept of privacy in the digital age."
- "The psychology of addiction."
- "The influence of childhood experiences on adulthood."
- "The intersection of technology and ethics."
- "The importance of emotional intelligence in leadership."
- "The relationship between art and activism."
- "The influence of music on emotions and behavior."
- "The role of spirituality in modern society."
- "The effects of social isolation on mental health."
- "The psychology of risk-taking behavior."
- "The impact of childhood trauma on long-term health."
- "The future of healthcare technology."
- "The importance of critical thinking in the digital age."



Check In Cheat Sheet

- "The psychology behind conspiracy theories."
- "The implications of a cashless society."
- "The influence of peer pressure on decision-making."
- "The future of transportation: sustainability and innovation."
- "The role of emotions in decision-making."
- "The effects of social hierarchy on society."
- "The ethics of medical experimentation."
- "The impact of overpopulation on resources."
- "The relationship between mental health and creativity."
- "The implications of a universal basic income."
- "The effects of mindfulness on mental well-being."
- "The future of artificial intelligence in daily life."
- "The morality of whistleblowing."
- "The influence of childhood friendships on adulthood."
- "The impact of online dating on relationships."
- "The connection between nutrition and mental health."
- "The future of education: innovation and adaptability."
- "The role of empathy in conflict resolution."
- "The effects of social norms on individual behavior."
- "The impact of societal expectations on mental health."
- "The influence of advertising on body image."
- "The psychology of altruism."
- "The role of technology in addressing global poverty."
- "The ethics of personal data collection."
- "The relationship between language and thought."
- "The impact of cultural diversity on innovation."
- "The effects of social media activism."
- "The future of mental healthcare accessibility."
- "The significance of storytelling in human history."
- "The importance of personal boundaries in relationships."
- "The role of dreams in understanding ourselves."
- "What if the way you see the world is more of a reflection of yourself than the reality around you?"
- "How do you know when you've truly found peace within yourself?"
- "What if failure is simply the first step in uncovering something better?"
- "How do you distinguish between intuition and fear when making important decisions?"
- "What if the greatest stories are not told through words, but through silence?"
- "Is the pursuit of perfection a path to self-discovery or self-destruction?"
- "What would the world look like if everyone treated others the way they wish to be treated?"
- "If you could live in any fictional universe, what would it teach you about your own world?"
- "What if true creativity isn't about making something new, but about seeing the world differently?"
- "If we could fully experience someone else's life for a day, what would we understand about them that we can't see from our own perspective?"