



Binge Watch My Life

This is a group icebreaker and cohesion building activity focused on increasing communication in the group while practicing introspection, honesty, self-awareness, and insight. ***If your life story was a viewable series available for streaming on the internet, how would you answer the following questions?***

Rate yourself from 0 to 5 stars ☆☆☆☆☆ in each area related to your life story and then as a group answer and discuss the questions that follow in each section. (1/2 stars are ok too)

☆☆☆☆☆	<p>Drama - Character-driven narratives with intense emotional conflicts.</p> <p>➤ <i>What has brought drama into your life story and how did you resolve it (or how do you plan to resolve it going forward)?</i></p>
☆☆☆☆☆	<p>Comedy – Things that provoke laughter and amusement. Humorous situations, clever dialogue.</p> <p>➤ <i>What have been some humorous or comedic aspects of your life?</i></p>
☆☆☆☆☆	<p>Action - High-energy sequences of adrenaline-pumping excitement.</p> <p>➤ <i>What are some of the more energetic and exciting parts of your story?</i></p>
☆☆☆☆☆	<p>Romance – Love stories; the development of romantic relationships between characters sometimes despite various challenges.</p> <p>➤ <i>How has love and romance played a role in your story (for better or worse)?</i></p>
☆☆☆☆☆	<p>Suspense - Things that keep viewers on the edge of their seats with tense and unpredictable narratives, filled with twists, turns, and unexpected revelations.</p> <p>➤ <i>What memorable suspenseful situations have you successfully navigated, endured, or survived in your life's journey?</i></p>
☆☆☆☆☆	<p>Fantasy - Extraordinary situations and circumstances that may even feel like they were beyond the bounds of reality.</p> <p>➤ <i>Did you have any experiences in your life that were seemingly “magical” or felt like a fantasy coming true?</i></p>
☆☆☆☆☆	<p>Adventure - Intriguing journeys, quests, or explorations, which may be filled with daring escapades or exciting discoveries.</p> <p>➤ <i>Can you describe an adventurous time in your life story? Did you experience any interesting self-discoveries along the way?</i></p>
☆☆☆☆☆	<p>Thriller/Mystery – Situations that evoke suspense and excitement through gripping narratives and psychological tension with a feeling of “what is going to happen next?”</p> <p>➤ <i>Did you have any time periods in your life story where you were on edge anxiously waiting to see how things would turn out or what would happen next?</i></p>



☆☆☆☆☆	<p>Epic – Spectacles that unfold on a grand scale featuring monumental events, achievements, quests, or battles.</p> <p>➤ <i>What experiences or events in your life story (if any) could you describe as “epic”?</i></p>
☆☆☆☆☆	<p>Superhero – Situations featuring extraordinary and amazing skills and abilities, battling villains, or protecting others from danger with courageous and heroic achievements.</p> <p>➤ <i>Who would you describe as a “hero” or “heroic” in your life story? Did you ever play the role of hero and if so, how?</i></p>
☆☆☆☆☆	<p>Faith and Spirituality - Themes related to belief systems, existential questions, and the search for meaning and purpose.</p> <p>➤ How has faith and spirituality played a role in your story and (if applicable) how what have you learned about faith, meaning, and purpose in your life?</p>
☆☆☆☆☆	<p>Education – Things that increase or enhance knowledge and understanding of specific subjects or topics of information and instruction.</p> <p>➤ What has been an integral part of your life’s education (both formally and informally) when it comes to your specific journey through life?</p>
☆☆☆☆☆	<p>Psychological – Themes exploring the complexities of the human mind, emotions, and behavior, often delving into themes of identity, trauma, mental illness, addiction, and recovery.</p> <p>➤ What have you gained from a psychological perspective in your life’s journey and what have you learned about managing the mind, behavior, and human emotions?</p>
☆☆☆☆☆	<p>Cult Classic - Despite initial commercial failure, unique themes and ideas that have later gained popularity over time.</p> <p>➤ Looking back: What past mistakes and failures can now be viewed as valuable stories and lessons that you continue to draw upon even today?</p>

Roll the Credits - Other aspects of your life’s streaming series:

The Main Characters – Who are some of the people in your life (family and friends) who are in your “show”?

The Star – Who would play you and why do you choose that actor?

The Signature Scene – What is one “scene” or moment in your life that stands out as impactful and unforgettable?

Title and Tagline – Give your series a fitting title. Add a tagline if you would like as well based on something that defines your life in an interesting way.

Special Thanks To – In the end credits, who gets a shout out for how they have helped you in your story?

The Sequel – What is in store for your future? How do recovery and positive life changes play a role in future episodes of your life’s story?

- What do you need going forward to make future episodes of your life a huge award-winning success?