

GROUP CHECK-IN IDEAS

How are you feeling: physically, emotionally, and spiritually?

If you could be any animal, what would you be and why?

On a scale from 1 to 10, where are you at in your recovery and what does that number mean to you?

If your mood was a weather forecast, what would it be and why?

Tell about a healthy risk you've taken this week.

What brought you to treatment?

Describe yourself in three words.

What is something you want to change about yourself and what are two things you can do to accomplish this?

If you could go anywhere in the world, where would you go and why?

Describe your perfect world. (Who would be in it, what would you be doing, etc.)

Tell about a time you were happy.

Tell about a value that is important to you.

Tell about a problem you have right now.

Take a step outside of yourself and tell us what you see.

Where were you one year ago, where are you now, and where do you want to be a year from today?

Share one thing you would like to improve about yourself and discuss one way you can accomplish this.

Tell about a character defect you have and discuss two ways you can improve.

What is the scariest thing about being a part of this group?

How have you improved or changed since entering treatment?

Tell about a celebrity you admire and the reasons you admire them.

Tell about one thing you've learned and how you will apply it to your recovery program.

What is your favorite day of the week and why?