

Group Check-In Ideas

- How are you feeling both physically and emotionally?
- 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?
- Tell about a healthy risk you have taken this week.
- What brought you into 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 1 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 one way you can accomplish this.
- Tell about a character defect you have and then tell me two ways you are going to work on this over the weekend.
- What is the scariest thing about being a part of this group?
- How have you improved since you've been in treatment?
- Tell about a celebrity you admire and the reasons you admire him/her.
- Tell about one thing you have learned and how you will apply it to your recovery program.
- What is your favorite day of the week and why?