

What is the scariest thing about being sober?	What is one of your biggest barriers to recovery?	Tell about one of your triggers (something that makes you want to use/drink).
What is one way that you can handle a strong craving?	Tell about a value that is important to you.	Where are you at in your recovery?
Tell about a time you were in denial.	Tell about a time you lost control.	What does it mean to be addicted to something?
Tell about one of your character defects and what you are doing to make changes.	What kind of a person do you want to be?	What are three healthy ways you can cope with anger?
What are three healthy ways you can cope with anxiety?	What is it like for you to be a part of this group?	What is something you need help with, but are afraid to talk about?
What are some ways that you can let go of guilt and shame?	How would your life be different if you were not an addict?	What is your biggest fear?
What is one of your life goals?	What are you trying to control that you cannot control?	Tell about a person you admire and what it is you admire.
What does it mean to trust someone?	What does acceptance mean and how can you practice it in your daily life?	What is the worst thing about living without drugs/alcohol?