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?
• Tell about a healthy risk you’ve 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 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 one way you can accomplish this.
• Tell about a character defect you have and then tell 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 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?