POSSIBLE DISCUSSION QUESTIONS

- Did this activity show you any patterns about times in your life when you felt more in (or less in) control?
- Looking at the times in your life when you felt less in control, can you come up with ways you might have thought about those events that could have changed those feelings?
- Across the class: what types of events/situations seemed to be associated with feeling out of control?
- What helpful strategies did you use to feel more in control?
- Brainstorm/create a list of some events/situations in which you may feel out of control. What might you be thinking in those situations?
- Brainstorm/create a list of strategies (things you could say to yourself and things you could do) to suit those events/situations that might help strengthen our Sense of Control.