**DISCUSSION SUGGESTIONS**

- Where on the mandala did you want your piece to end up? Where did it end up? What did you think and feel about that result?

- If you could throw again, would you? Why?

- Try to picture that this result is going to come true. How does that thought make you feel? Why do you feel that way? Have the group brainstorm alternative ways each person might think about that circumstance.

- The world and our future are uncertain, and despite our best-laid plans, things can turn out in unexpected ways. Why is it so important to be able to look at events from many perspectives? Why is it important to take control of the way we think about life’s events? (Stress that this can apply to good events, as well as less desirable events).

- Brainstorm some circumstances in your day-to-day life where flexible, helpful, realistic thinking can help you maintain your Sense of Control (e.g., exams, sudden illness, flat bike tyre).