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Strengthening Organizations, Strengthening Communities

DISCUSSION QUESTIONS

*Used with permission from NJ & American Self-Help Group Clearinghouses,
www.selfhelpgroups.org*

It is sometimes easier to approach the task of "running" a meeting if you are prepared with some questions which can stimulate discussion among group members. The following are merely suggestions, and should be adapted and added to the issues and questions that are relevant to people in your particular group. Remember that the purpose of asking these questions is to help individuals think about and share their differing experiences and concerns. There are no right and wrong answers, only answers reflecting the different stages that people can be in regarding any given life stress. Members may want to review these questions and decide which ones they would like to discuss.

1. Who has been most supportive to me in helping me deal with this condition? What have they done or said that has helped me?
2. Who has been least supportive? What have they done or said that has not helped?
3. What did I used to think about people who had _____?
4. How did I feel when I was first told that I (or another family member) suffered from _____?
5. What was my family and friends' reaction to the news that I had _____? How did it differ from what I expected? From what I wanted? Have I been able to shape people's reactions to me? How?
6. What would I say in a note or a letter to someone (or their spouse) who was facing what I have faced?
7. What is the worst problem that a person and his/her family must face as a result of this?
8. Who is the easiest person to talk to about this? Why? Who is the hardest person to talk to about this? Why?
9. Do I get angry with my doctor? About what? Do I say or do anything about that?
10. What could I tell my doctor in order for him/her to better treat me? What do I want him or her to know about me in general?
11. How has my doctor made me feel especially good or bad?