

Discussion Questions & Topics for Facilitators Working with Transitional Age Youth

Overcoming Hardships



1 Finding Purpose & Motive

Why are our actions important?

What are they telling us about our interests/ dislikes/ values?

What is the difference between my purpose & purpose in an event or outcome?

Facing the Truth 2

You can only begin to find solutions for problems in life if you can see them honestly and clearly.

Truth requires vulnerability from both the speaker and listener.

How do you begin to see truth and recognize the biases you may have in your own life?



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3 Spirituality

Spirituality can help keep us going during the hard times.

Meditative practices like prayer and journaling help with self & situational reflection.

Spirituality may help you feel a higher sense of purpose, hope, and peace.

Work 4

Work, especially working for the good of others, can be healing and cathartic.

Work can help you discover and reinforce positive personality characteristics and traits.

How can work influence you in positive ways?



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5 Connecting with others

Finding community & connecting with others provides opportunities for sharing & vulnerability.

Why is it important to ask others for help?

How do you continue to be open to finding community after you have been hurt?

How do you maintain healthy boundaries in these new relationships?

Self Care 6

Self Care takes on many forms, and encompasses your emotional, mental, & physical health.

Setting aside intentional time where you can acknowledge the things you do well, the resiliency you possess, & reflecting on how your decisions affect yourself as well as others is also a form of self care.

Ask yourself...What brings you joy, what are you grateful for? ("Gratitude blocks toxic emotions, such as envy, resentment, regret and depression"- Robert Emmons)

