

REALTALK DISCUSSION QUESTIONS (RDQs)

Directions:

- Select one of the 7 C's and use the questions to facilitate a REALTALK group.

COMPETENCE

What adjectives would you use to describe your parents' divorce? Could you use these same adjectives to describe another significant change in your life? In what ways were you able to overcome some of the challenges from any of these major life events?

CONFIDENCE

Monica Bellucci said: "When people divorce, it's always such a tragedy. At the same time, if people stay together, it can be even worse." Do you agree with this quote? Why or why not?

CONNECTION

How many of your closest friends have parents who are divorced? What are some advantages of having close friends whose parents' are divorced? What are some disadvantages?

CHARACTER

One or both of your parents may try to persuade you to take their side. Has this ever happened to you? What is a positive strategy you can recommend to the group on how to respectfully stand up to your parents and avoid having to take one parents side over another?

CONTRIBUTION

Who has help you lessen the stress or anxiety you may feel because of your parents' divorce? What is something they said or did for you that helped?

COPING

Has music, drawing, writing, or other forms of artistic expression helped you cope with your parents' divorce? Give some specific examples you have used to cope.

CONTROL

How has your stress/anxiety level changed since your parents' divorce? What has caused it to increase or decrease? Discuss some healthy ways you have found to help decrease your stress/anxiety level.

