

## REALTALK DISCUSSION QUESTIONS (RDQs)

### Directions:

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

### COMPETENCE

Some people use breathing techniques to calm themselves when facing a particular fear. Share something you do to calm yourself when facing a specific fear? Give an example of when you last used this calming technique.

### CONFIDENCE

Name something one of your friends is afraid of but you are not? What strategies could you share with your friend about how to overcome this fear? And how can your confidence regarding this fear help you now and in the future?

### CONNECTION

Do you have one friend, family member, or adult that knows more about your fears than anyone else? What characteristics about this person makes you trust them?

### CHARACTER

Describe a situation in which someone you knew had a fear and you stood up for them when everyone else laughed or mocked them. How did this person respond to your acceptance of their fear?

### CONTRIBUTION

How has one of your friends, family members, or adults helped you overcome a particular fear? What did they do or say that gave you the boost of confidence and calmness to accomplish what you thought you couldn't?

### COPING

Describe a situation where it would be important to share a particular fear with your friends, teachers, or family. Why is it important to share your fears with others?

### CONTROL

You discover while on a field trip to a theme park one of your best friends has an extreme fear of heights. Do you think it would be better in this situation to support your friend and find other rides to enjoy or try to help them overcome their fear?

