

## REALTALK DISCUSSION QUESTIONS

### Confidence

Life skill: Gaining self-assurance

#### MOVING

**What are the pros and cons of moving to a new location?**

#### MAKING FRIENDS

**It's been said, "To have a good friend, you have to be a good friend."  
What does this mean to you?**

#### HOMEWORK

**What strategies have you used to stay organized and keep on top of homework assignments and tasks?**

#### BULLYING

**When was a time you said something you wish you could take back?  
Why would you like to take back the statement?**

#### DEPLOYMENT

**In what ways can you express your feelings to your deployed loved one?**

#### FEAR

**What can you do when you're fearful?**

#### REINTEGRATION

**What makes you anxious about your loved one returning from deployment?**

#### HEALTHY BODY

**Why does being physically healthy make you feel good?**

#### DIVORCE

**What needs to happen for you to feel comfortable living in two different homes?**

#### GRIEF

**What helps you through your grief?**

