

# REALTALK DISCUSSION QUESTIONS

## Coping

Life skill: Handling difficulties

### MOVING

**What can you do at your new location to quickly connect with peers?**

### MAKING FRIENDS

**When was a time you were part of a team that accomplished something positive?**

### HOMEWORK

**How do stress reduction techniques help with getting homework done?**

### BULLYING

**What can you do if a bully targets you?**

### DEPLOYMENT

**How can you stay connected to your loved one during deployment?**

### FEAR

**What is a fear you'd like to overcome? How can you overcome that fear?**

### REINTEGRATION

**How will you handle family responsibilities when your deployed loved one returns?**

### HEALTHY BODY

**What contributes to healthy living?**

### DIVORCE

**What has been the most difficult part of your parents' divorce?**

### GRIEF

**What are some helpful strategies to cope with feelings of loss?**

