1. What are the 5 responses to dealing with a life crisis?
2. What are the 3 essentials to happiness?
3. List at least 4 signs of someone contemplating suicide.
4. List at least 4 things you can do to help someone who is thinking of suicide.
5. Make a quick list of things that can get you depressed or bummed out. (minimum of 3)
6. Why do you think these things make you depressed or bother you?
7. What can you do to change the situation, in the short term and the long term?
8. With whom do you talk to when you need to vent your frustrations or feelings when you are “bummed out” or depressed? Do you find a “good listener” often or never?
9. Again make a list of a handful of things you are good at. (good sense of humor, compassion, friendly, hardworking, etc…)
10. What do you like about your personality or abilities?
11. Finally make a short list of your goals (long or short term). I want at least 3 goals. Be specific