

Hope for Mental Health Community

Table Discussion Guidelines

Please have someone read the following aloud to your table:

- Allow everyone the chance to speak.
- Listen respectfully, without interrupting.
- Seek to understand the person speaking.
- Your focus is on learning and supporting.
- Rather than giving advice, share what has helped or encouraged you.
- Avoid assumptions about anyone sharing.
- If someone doesn't want to share, that's OK, but show you're willing to listen.
- To help everyone to feel safe, accepted, and comfortable sharing, please keep what is shared with the group confidential.
- Please know that if you feel overwhelmed/stuck, you can always reach out to a staff member present or ask someone to join you at the table to assist.

**Hope for
Mental Health**

Community

Table Discussion Questions

January 27, 2019

Table Discussion #1

1. What percentage do you think your “gas tank” is at today?
2. What keeps you from filling up your “gas tank” regularly?
3. What activities lead to filling your “gas tank” so you can keep going?
4. What role does your faith play in filling you up?

Table Discussion #2

1. What attachment style do you relate to?
2. Pick three feelings from the list of soul words to describe your reaction to this process.
3. Are you willing to try this exercise when conflict arises?



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CHURCH

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