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|  |  | Why do people self -harm? |  |  |  |  |  | Has an adult ever hurt you? Would you like to talk about it? |  |  |  |  |  | What kind of lies do you tell your parents? |  |  |
|  |  | Can you feel depressed and also not be able to sleep? |  |  |  |  |  | Do you have certain friends who contribute to your depression? How? |  |  |  |  |  | Name 3 characteristics of a good parent? |  |  |
|  |  | Depression is permanent. True or False? |  |  |  |  |  | What makes a person good looking? |  |  |  |  |  | Name 3 characteristics of a good parent? |  |  |
|  |  | How do drugs help you escape from your problems? |  |  |  |  |  | Who controls your life? |  |  |  |  |  | Name 3 physical symptoms of anxiety? |  |  |
|  |  | Have you ever cried and couldn’t stop or didn’t know what you were crying about? |  |  |  |  |  | What would you do if you were invisible for a day? |  |  |  |  |  | Is it important to talk to someone when you are depressed? Who do you talk to and why? |  |  |
|  |  | Do you have anything or anyone in your life that distracts you from feeling depressed? |  |  |  |  |  | Have you ever had a dream that really scared you? |  |  |  |  |  | What destructive behavior(s) have you used when you were feeling depressed? How do you feel they helped? |  |  |
|  |  | Can people be addicted to cutting? Why or Why not? |  |  |  |  |  | Can stress lead to feelings of depression? |  |  |  |  |  | Have you ever tried to be like someone else? Who and Why? |  |  |
|  |  | What punishment have you gotten that you felt was unfair? |  |  |  |  |  | If you could look like anyone, who would it be? |  |  |  |  |  | Is there anything you pretend to understand but don’t? |  |  |
|  |  | What are some events that can happen to people that may have them feeling scared or worried? |  |  |  |  |  | Do you ever feel you could lose your temper so badly you could hurt someone? Have you ever? |  |  |  |  |  | What are 5 situations that cause teens to feel depressed? |  |  |
|  |  | Have you experienced an event where you lost someone or something close to you? How did you feel? |  |  |  |  |  | How would you describe a “good person’’? How would you describe a “bad person”? |  |  |  |  |  | If I could be anybody besides myself, I would be… Why?  ? |  |  |

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|  |  | Have you ever wanted to sleep all day? Why |  |  |  |  |  | Talk about a time someone made you feel uncomfortable. |  |  |  |  |  | What is the most serious type of self-harm? |  |  |
|  |  | Can you feel depressed and also not be able to sleep? |  |  |  |  |  | Can you feel depressed and also not be able to sleep? |  |  |  |  |  | How do you cope when life appears to be out of control? |  |  |
|  |  | Is sadness the same as depression? |  |  |  |  |  | Is depression just part of being a teenager? |  |  |  |  |  | When people minimize my feelings, I feel… |  |  |
|  |  | Who can you talk to when you are feeling down? Why do you trust them? |  |  |  |  |  | Have you ever imitated something you saw on tv, movie or in a book? Why? |  |  |  |  |  | When someone is depressed, it is better to ignore the problem? Correct or incorrect? |  |  |
|  |  | When I am depressed, I find it hard to… |  |  |  |  |  | What have you done that you are proud of? |  |  |  |  |  | Is it important to talk to someone when you are depressed? Who do you talk to and why? |  |  |
|  |  | Do you have anything or anyone in your life that distracts you from feeling depressed? |  |  |  |  |  | Have you ever had a dream that really scared you? |  |  |  |  |  | What have you done that you are not proud of? Can you forgive yourself? |  |  |
|  |  | People who talk about suicide are not serious. True or False? |  |  |  |  |  | What is the most enjoyable thing that your family has ever done together? |  |  |  |  |  | How will helping others help me? |  |  |
|  |  | How can physical changes in your body lead to depression? |  |  |  |  |  | If you could tell your parents anything in the world and not get in trouble what would you tell them? |  |  |  |  |  | Name 3 positive coping skills and 3 negative coping skills? |  |  |
|  |  | How do you know when you are ready to have sex? |  |  |  |  |  | Oral sex isn’t really sex. Correct or Incorrect? |  |  |  |  |  | If I don’t have sex my boyfriend /girlfriend will break up with me. What do I do? |  |  |
|  |  | What is one goal you’d like to accomplish during your lifetime? |  |  |  |  |  | If you had to describe yourself using three words, it would be… |  |  |  |  |  | If someone made a movie of your life would it be a drama, a comedy, a romantic-comedy, action film, or science fiction? |  |  |

Teen Stacking Blocks Discussion Questions

Ages 13-17



I play Stacking Blocks in a therapeutic setting because it provides a wonderful opportunity for you and your clients to communicate in a fun way. Great for individual or group. I use the Stacking Blocks rules. The only rules that I use besides the Stacking Blocks are each player has 3 Passes. Your client can say pass 3 times and not have to answer those questions. This helps them to really decide if they are passing because they are uncomfortable or just because they don’t feel like thinking about the question. If playing in a group, no answering another’s question. Sometimes, I do stop the game for a short discussion about a question that everyone wants to comment on but I usually put that block to the side as one we as a group can discuss later. I usually see or hear many opportunities for later individual discussion with clients. Please read through the questions to make sure they are appropriate for your group.

The template will work with Avery 5160 labels (you may need to trim slightly) or you can print on normal copy paper and cut and paste the questions to the blocks. I have had the blocks pictured since 2009 and they have been used by many hands and are still in great condition.

I hope these are helpful to you.

Donalisa Helsley, LCSW