**Oh the Places You’ll Go Questions**

*These questions are to be used with Dr. Suess’ book, Oh the Places You’ll Go.” Read each page and ask question after each page. Give a few moments to answer and then continue reading. Use the suitcase or blank paper for clients to answer the questions.*

1. Name that place! Anywhere you want to go. Your destination can be an actual place or something you see in your future.
2. Name your street to stay away from. Example: Depression St., Self-Harm St., Anger St,. Rebellion St., etc.
3. What do you want to start happening in your life? What are your goals?
4. What do you see in your future? Example: College, straight to workforce, professional athlete, better relationship with family etc.
5. Who can you ask for help? Do you have a mentor, someone you look up to?
6. 5. What are your hang ups? Example: being told no, things not being fair, everyone against you.
7. What is your slump? Example: discouragement, anger etc. How do you get out of your slump?
8. What do you stand to lose or win if you keep up certain behavior? Example: knowledge, achievement, loss of trust, loss of privilege etc.
9. What do you need to make up your mind to do? Example: choose good friends, say no to drugs, do well in school, etc.
10. Are you going to wait for things to happen or be proactive and make them happen?
11. What action will you take to make things happen?
12. What are the games you play that prevent you from moving forward? Example: rebellion, self pity, complaining, procrastination, etc.
13. What scares you? Example: stepping out of your comfort zone, the unknown, fear of failure, being alone, etc.
14. What can mix you up? Example: bad friends, wrong choices etc.

**Draw yourself on top of the mountain. Inside of the mountain write the things you want to overcome. Example: drugs, alcohol, self-harm, anger, fighting, suicidal thoughts, low self-esteem,**

**Etc.**

*After group or session clients discuss their mountains and whoever wants to answer the questions out loud takes turns answering.*

**

**