

DISCUSSION TOPICS - EXAMPLES

With anyone:

- 1) What I'm most enjoying in my life right now is.... I enjoy it because... The way I feel about it is.....
- 2) One of my current challenges is.... This is a challenge because..... The way I feel about it is..... What I'd like to see happen is.....
- 3) In the near future I would like to take a trip to.... I want to do this because....
- 4) A key turning point in my life happened when.... The significance of this event is....
- 5) I'm attracted to someone but have not told them yet. What I like about them is.... The reason I've not told them yet is....
- 6) Something I like about myself is.... The reason I like this is.... The way I feel about it is....
- 7) Something I don't like about myself is..... The reason I don't like it is... The way I feel about it is... What I'd like to do instead is....
- 8) A big fear of mine is.... The reason I'm scared about this is.... It's a significant fear because... What I'd like to change is.....
- 9) What I'm most enjoying about this current activity is.... My hopes about it are....
- 10) What I'm not enjoying about this current activity is.... My fear is that.... The questions about it that I have are....
- 11) What I'd most like to learn about communication is.... One situation I find particularly difficult when communicating is...
- 12) I have what I would call a spiritual aspect to my life.... The way this shows up in my activities and attitudes is... It's important to me because...

With someone you already have history with:

- 13) Something I've never thanked you for is.... This is important to me because...
- 14) I want to talk to you about something I found difficult that happened between us. Here's what I remember happening.... Here's how I feel about it....
- 15) I'd like to talk about how we're going to deal with..... How do we want to proceed? How do we want to handle the situation?
- 16) What I'm most enjoying about being here with you right now is.... The way I feel about it is.... What it gives me is....
- 17) What I'm most nervous about being here with you is.... I'm worried that..... I'm hoping that.... What I'd like to see happen is...
- 18) Do you remember the time when we.... The way I'm feel thinking about that now is.... It's relevant to me now because.... The way it affected me is....
- 19) Something I'm afraid to tell you is...
- 20) Something you could do that would make my life more wonderful is...
- 21) Something you do that meets my need for love is...
- 22) Something I'd like you to do that would tell me that you love me and that I matter to you is...
- 23) Something I'd love you to tell me is... The reason I'd like you to tell me is....