

Talk a Lot

Problems

Discussion Questions

1 . What is the biggest problem you have faced so far in your life? How did you deal with it? Who helped you? If you had the same problem again, would you tackle it in the same way? Has it helped you become stronger? How?

2 . Who do you usually go to for advice when you don't know what to do? Have you ever had counselling or therapy? Is it easier to trust a stranger than somebody close to you? Would you ever write in to a magazine for advice?

3 . Tell me about a problem that you've got at the moment. What caused it? How serious is it on a scale of 1 (not serious) to 10 (very serious)? How are you planning to handle it? Who will be the best person to lend a hand?

4 . Given the choice, would you rather have ten niggling problems or one big problem? Why?

5 . When did you last help somebody with their problems? What was the problem? What did you propose as a solution? What was the outcome? Would you recommend the same course of action if it happened again?

6 . Talk about troubles that your family and friends are facing at the moment. What are they and how are they coping? Are you part of the answer?

7 . Are you a caring person? Would you consider training to become a counsellor, and helping people for a living? Why? / Why not?

8 . What social problems do you notice each day? What impact do they have upon your life? Is education the key to reducing problems in society? Why? / Why not? What programmes should be run to teach people how to make more informed choices about their lives? Do most people bring their problems upon themselves? What steps can be taken to prevent problems occurring in the first place? What other ways are there to tackle social ills?