

Family Discussion Jumpstart

(For variety, use one of these options: choose 5 favorite questions; OR cut the questions into strips and choose from a jar; OR number the questions then ask a family member to pick a number; OR print and have each person answer below the question.)

- ∞ What do you need most to deal with this right now?
- ∞ What ways do you want to spend time with family?
- ∞ What does individual time look like to you?
- ∞ What talent or hobby do you want to enjoy or start?
- ∞ What help do you need with schooling right now?
- ∞ What's your biggest fear in this?
- ∞ What do you need from us/me to help?
- ∞ What's one thing you can do to help yourself and our family?
- ∞ What's the best thing that's happened so far with this?
- ∞ What's one wish you can pray for and/or be grateful for?

Notes: