

50 Questions That Will Take Your D-Group Deeper

The getting deeper questions are designed to take your D-Group through more complex issues. This can be a bit scary because you never know what issues or emotions may be stirred. But it can also be wonderful because it may spur healing and change needed so that genuine growth can occur. Reserve these questions for when your D-Group has been meeting for a while – and when you feel you're ready for some hard-core honesty and trust.

- Q1** What room in your house best represents your personality and why?
- Q2** If you were stranded on a desert island and could choose only five things to have with you, what would they be?
- Q3** If you could change or improve one quality about yourself, what quality would you alter?
- Q4** If you could have one of your fears or struggles magically taken away, what fear or struggle would you get rid of?
- Q5** If you could go on a vacation with anyone, whom would you invite?
- Q6** If you had to live someone else's life, whose life would you choose?
- Q7** If you were to die tomorrow, what one thing would you be sure you did today?

- Q8** What is your greatest fear about the future and why?
- Q9** If there were one thing you've seen or done that you could wipe from your mind forever, what would it be?
- Q10** If your best friend told you that they were moving to another state, how would you respond?
- Q11** If you could perform one act of kindness that could make the world a better place, what would it be?
- Q12** If you discovered one of your parents was doing something you knew was wrong, would you confront your mom or dad, or tell someone else, or say nothing?
- Q13** If you only lived to be 30, what would you hope to have accomplished?
- Q14** If you could choose being an only child or having seven brothers and sisters, what sibling situation would you choose?
- Q15** What was the hardest thing you ever had to apologize for?
- Q16** Was there ever a secret you told and later wished you kept? If so, what was the secret?
- Q17** If you could choose one thing never to deal with again, what one thing would you choose?
- Q18** Have you ever been caught cheating at school? If so, what happened and did you learn your lesson?
- Q19** What season best represents your personality and why?

- Q20** What is the best gift you've ever received – and who was it from?
- Q21** If you found out your best friend had a drug problem or alcohol problem, what would you do?
- Q22** If you couldn't answer a question on a test, then accidentally saw the answer on someone else's paper, would you use that answer?
- Q23** If you had to spend 10 years of your life in jail, which 10 years of your life would you choose and why?
- Q24** If you could choose between dying with your best friend and dying alone, which would you choose?
- Q25** If you shared a secret with someone you trusted and then found out they told that secret to someone else, how would you handle it?
- Q26** If you were on the Titanic when it began sinking, would you get into a life raft or give your place to a stranger?
- Q27** If you had the opportunity to take revenge on someone who hurt you, would you take revenge? Why or why not?
- Q28** If you found \$100 in the mall parking lot, would you take the money and report it or would you pocket the cash?
- Q29** If your plane was about to crash, but you had five minutes to write a note, what would you write? Who would you write to?

- Q30** If a friend told you she or he was being physically abused by a family member, how would you respond? What would you do?
- Q31** If you discovered your parent had been reading your diary or e-mail, how would you respond?
- Q32** If a distant relative needed a kidney transplant, and you were a perfect match, would you donate one of your kidneys?
- Q33** If someone told you a secret about your best friend and told you not to tell your friend, would you tell your friend or keep the secret?
- Q34** If you saw two friends cheating on a test, would you say something to the teacher, something to your friends, or nothing at all?
- Q35** If your best friend's boyfriend (or girlfriend) told you he or she had a crush on you, would you tell your friend?
- Q36** If you had to live with someone else in your family, other than your parents, which family member would you live with?
- Q37** Of all your family members, whose death would affect you most?
- Q38** If your sister (or brother) told you they were getting married, how would that make you feel?
- Q39** If you could change one thing about your physical appearance, what one thing would you change?

- Q40** If you and three friends could live on a deserted island forever – with all your needs taken care of – would you choose that life?
- Q41** Of all your relatives, who are you most like?
- Q42** During what time of day do you feel the most relaxed? The most tense?
- Q43** Of all the adults in your life, who is the wisest?
- Q44** If you had to name one person who has influenced you the most, what person would you name?
- Q45** What is your favorite place to go when you want to get away and think?
- Q46** What has been your biggest accomplishment so far?
- Q47** What is your best personality trait?
- Q48** After you die, what is one thing you'd like to be remembered for?
- Q49** When you get older, would you want to stay closer to home or move far away? Why?
- Q50** What is the one thing about being a high schooler that makes it tough?