



NEW DEVELOPMENTS IN STRESS MANAGEMENT

GROUP QUESTIONS

1. Divide into groups of three with guys you do not know well.
2. Tell each other your names.
3. Find which one of you had the most traffic tickets since age 16.
4. The guy with the most goes first, second most goes second.
5. Each of you choose two of the questions below to answer to the group.
6. You have until 7:30 for this activity.

Men's Retreat

St. Joseph Parish

Colbert, Washington

November 11, 2004



Each guy gets a chance to tell his story.

Ray Wm. Smith, Ed.D.

Licensed Mental Health Counselor

A Brief Counseling Center
at the
Klopsch Professional Group
9507 N. Division, Suite A
Spokane, WA 99218

Each choose then discuss two of the four questions:

- A. *In your childhood, what did your parents get stressed about?*
- B. *Were either of your parents overworked or "workaholics"?*
- C. *When was the first time you felt like a failure coping with stress?*
- D. *How did conflict stress you when you were growing up?*

Call (509) 466-6632
Fax (509) 466-0117
Email DrRay@DrRaySmith.com



For more information
on the web:
DrRaySmith.com