



# 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](mailto:DrRay@DrRaySmith.com)



For more information  
on the web:  
[DrRaySmith.com](http://DrRaySmith.com)