

Lessons Enhancers:

The following are ideas to help you enhance the lessons we are using in PAL. If you find yourself feeling as if you have covered all the material, it may be that you are simply not taking advantage of the many ways to enhance and change your questions. In order to focus in on key aspects of lessons- consider the following as examples of questions you could use when presenting a lesson. You may only use one to three question when facilitating a lesson. Using the below, for example, you could repeat lesson one- ten times, using two questions each time and not cover the same information. After reading the lesson as a group, consider using any of the following questions as discussion starters. Some may apply to certain lessons more so than others:

1. What did you find interesting about this lesson?
2. What stood out to you in this lesson?
3. What do you think the overall message of this lesson is?
4. What was discouraging to you after you read this lesson? Follow with: What can you do to turn this around?
5. What can you identify with after reading this lesson?
6. Do you have any questions after reading this lesson?
7. Were there any terms or information in the lesson that you are unfamiliar with?
8. Have you experienced anything that the lesson points out?
9. How does this lesson apply to you?
10. What key words do you notice in the lesson that seem to point to a theme?
11. What words are repeated often in this lesson? Follow with: What do you think the significance of this is? (for example the word "I" maybe simple but notice the significance)
12. What was difficult to hear in this lesson? Follow with: What made it difficult to hear?
13. Can you turn around the part that describes an addict's response to our response as parents? Follow with: What does that look like? (There are numerous areas you can do this - for example the topic of relapse – this can be looked at as how we as parents "relapse," by going back to old enabling behaviors etc.).
14. If you had to describe this lesson in one word what would it be? Follow with: How come?
15. What have you experienced similar to what is referred to in the lesson? Follow with: How did it turn out?
16. Have you found any of these principle helpful to you in your journey? Follow with: How?
17. What do you think the key to your success is in making changes as suggested in this lesson?
18. What is keeping you from making changes as might be suggested in the lesson?
19. Where do you see yourself in this lesson? (fits with Unhealthy vs Healthy helping, Enabling, and anywhere you can substitute the parent for the addict in the lesson)
20. How did this lesson make you feel? Follow with: If negative feelings, what can you do to turn that around? If positive feelings, what about it makes you feel positive?