

# CATALIST

## Youth Peer Recovery Group Topics, Discussion & Strategies

### COMMUNICATION

- Reflections in communications
- Communication styles
- Fair fighting communication rules
- Active listening
- Communication
- Responsibility

### PERSONAL GOALS

- Dreams & goals
- Strengths
- Goal setting
- Strengths, Goals, & Motivation
- Goal planning
- Goal barriers
- Urge surfing
- New habits
- Habit forming
- Week in review

### SELF-ESTEEM

- Building self-esteem
- Self-esteem
- Perfectionism
- Self-doubt
- Imposter syndrome

### WELLNESS

- Wellness – Part 1
- Wellness – Part 2
- Self-care
- Healthy thinking
- Brain development
- Mood & music

### STAGES OF CHANGE

- Stages of change
- Change
- Motivation
- Problem solving
- Accepting change

### PERSONAL EXPERIENCES

- Shared personal experiences
- Forgiveness
- Rebuilding trust
- Acceptance
- Feeling welcome
- Reality vs. Expectations
- Responsible

### EMOTIONS

- Dealing with emotions
- Anger & anger management
- Managing distress with ACCEPTS
- Fear
- Distress
- Masks
- Catastrophizing
- Emotions
- Emotional hangovers
- Stress management
- Burn out
- Emotions
- Emotional reactions
- Bully mind
- Self help
- Positive mindset

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## Youth Peer Recovery Group Topics, Discussion & Strategies (page 2)

### MENTAL HEALTH

- Grounding
- Automatic thoughts
- Mental health
- Negative thoughts
- Overthinking
- Stages of anxiety
- Criminal and addictive thinking
- Avoidance
- Cognitive triangle
- Thought defusion
- Challenging your thought process
- Depression
- Coping
- Attachment styles
- Thought processes
- Thoughts lead to actions
- Mindfulness
- Social anxiety
- Worrying

### VALUES

- Values & happiness
- Boundaries

### TIME & MONEY MANAGEMENT

- Credit (money)
- Time management
- Financial goals

### STRUGGLES & SETBACKS

- Triggers
- Falling back into old behaviors
- Struggling
- Peer pressure
- Setbacks
- Change
- Obstacles to overcome
- Strengths and weaknesses
- Finding balance
- Defense mechanisms

### RELAPSE PREVENTION PLANNING

- Group support
- Stress management
- Accountability
- WRAP Group
- End of group