



## Jenga Questionnaire

1. What are 3 positive benefits of exercise?
2. What is your favorite type of music and why?
3. Why is relaxation therapeutic?
4. What makes you angry?
5. What is something that causes you stress?
6. What are 2 goals you will accomplish in the future?
7. Identify 2 positive words that describe you?
8. Share a time when you were helpful to someone.
9. What has been one of your greatest accomplishments?
10. Discuss 2 social supports and in what ways are they supportive?
11. Discuss 2 ways to reduce depression?
12. Who are 2 people you could call in a crisis situation?
13. What is your favorite holiday and how do you spend it?
14. Discuss 2 positive anger management techniques.
15. If you could go back in time, discuss 2 things you would change.
16. What is your favorite hobby and what do you like about it?
17. Discuss 3 things you can do to improve your mental health.
18. Discuss a relationship that needs improvement.
19. What are two things you can do to improve your life?
20. What is mindfulness and how is it useful?
21. What is your favorite way to exercise?
22. Talk about a memorable vacation experience.
23. What do you like most about yourself?
24. Discuss a happy moment in your life?
25. What is something you would like to learn?
26. What are 3 things you can do to decrease your anxiety?
27. What are qualities that you value in a friendship?
28. What has been your favorite job?
29. What are two places that you would like to volunteer?
30. What is your favorite time of year and what activities do you enjoy doing?
31. What would a perfect weekend be like for you?
32. What is your favorite type of food?
33. Discuss 3 ways you can improve your self esteem.
34. What are two community resources you can use to pursue recreation?
35. What is the importance of recreation in a healthy/balanced lifestyle?
36. What is most challenging about mental illness?
37. Complete the sentence. I wish my friends and family understood \_\_\_\_\_.
38. Discuss two ways you have been successful within the past year.
39. What is your favorite movie and what do you like about it?
40. What is a mistake you have made during the past year? What would you have done differently?
41. Complete the sentence. When I was a child, I was really good at \_\_\_\_\_.
42. Discuss two ways to improve your social life.
43. Discuss 1 social activity you can pursue when you feel like isolating.
44. Discuss a time when someone helped you.
45. What do you look forward to in the future?
46. In what ways can "Arts and Crafts" be therapeutic?
47. What are two ways to battle insomnia that have worked for you in the past?
48. What advice would you give your teenage self?
49. Why is music therapeutic?
50. What is your favorite animal and why?
51. What would you title your autobiography?
52. Where do you feel the most safe and why?
53. How would you describe your current mood?
54. If you could have any occupation, what would it be?

