GUIDED DISCUSSION TOPICS FOR PEER GROUPS

Topics that groups choose can fall along a continuum of intensity. As members get to know and trust each other they may become comfortable with topics that initially they may not be open to discuss. The group as a whole needs to keep this in mind as they move forward so that all members come to a consensus about the choice of topic.

- Community. How being in a community impacts our life. What communities (neighborhoods) have we come from or added during our lives.
- Celebrating people. Discuss someone in your life who has inspired you and in what ways.
- Time: How is it with more time on our hands, we have less time to get things done? Structuring time better: how we spend time; pass time; fill time; save time; take time. Obstacles.
- Roads not taken: Is there a fork you regret not taking OR one that made all the difference? Roadblocks?
- How do you say Yes when you always say No? OR. Vice versa… And which one are you?
- What traditions are important to us and add meaning to our lives. Are there any we are missing or want to add to our lives?
- The Dinner Party: If you had a dinner party and could invite any 3 people, dead or alive, famous or not, who would you invite and why?
- The Upside of Aging; It sounds like a short topic but groups have found there is a lot to be said…
- Fun: What is fun for you? How can we add fun into our lives? How do we like to “Play”? Are we having fun yet?
- Loneliness: What does loneliness mean to you? What is the difference between loneliness and being alone? How can you find ways to become comfortable with where you find yourself?
- Relations with adult children: This one can be a loaded topic and the group can work to define it so it doesn’t become a gripe session.
- Wellness: How do we take care of ourselves?
- Strengths/Weaknesses: Figuring out how our strengths and weaknesses, perceived or real, get in our way or help us develop what we want for ourselves.
- Reinventing yourself: What does this mean to you?
- Taking risks: Is it now or never? What are we afraid of? What can we gain?
- My bucket list: What is on that list? What is realistic? What will take more risk? What’s my timeline?
- Peace and Tranquility: What brings you peace or gets you centered? What do you visualize when you want to find calm in the storm?
- Outings: Once a group develops its core and has a commitment to the process, it is always fun to go on different outings together. Perhaps a museum, a picnic, a trip to NYC, or to a sculpture garden…