



STARTER PROMPTS

FOR YOUR SUPPORT GROUP

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1. Welcome and thank you for taking a first step in supporting yourself in wellness (this could be good for a very first meeting).
2. Hello everyone and welcome back. I'm glad you're here.
3. Hi, how is everyone today?
4. Hello, welcome back! Is anyone having technical problems? (For online groups)
5. Hello, welcome back, my friends. Your presence here is very important. Let's get started.
6. Hi. Looks like we have ___ (# of) people. It's great that so many of you are finding the group helpful.
7. Hello everyone, just a reminder, your presence is very important no matter how much or how little you contribute. Everyone is beneficial to the group.
8. Okay, welcome back... is everyone ready to get started?
9. We've been meeting for ___ (# of) months now. I think this is a good time to do a quick check-in just to see how people are feeling about the group. (You might want to put a 1-minute time limit on responses.)
10. I want to thank you for trusting me and each other. Sharing is not always easy, and I want to acknowledge that. (PAUSE) Now, let's get started.

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