



Breakout group Questions:

- Introduce yourselves to one another
- On a scale of 1-10, what has it been like going through this?
- What are some of the feelings you are experiencing?
- What thoughts are keeping you up at night?
- Where have you found your greatest support?
- What is one thing you feel you need to do at this time? What is one step you will take to get there this week?
- How are you seeing God/HOPE in this?

Powerful Questions in Crisis and Stress Coaching

- What do you really, *REALLY* want?
- What is it like when you learned Mary was infected?
- What do you think about while you lie here in bed all day?
- When is it most difficult?
- Who can help you with this?
- Where have you found your greatest support?
- What are some of the feelings you are experiencing?
- What's past this?