

Part 2 / Discussion Guide for Groups

How to Use Words that Help, Not Hurt

Part 2 Discussion Questions

Approximately 35 Minutes of Discussion + 30 Minutes of Video Content



Use screen sharing to watch the video together. Then, pause the video and turn off screen sharing for each discussion break so group members can see each other while talking.

Discussion Break 1 (05:17; Approximately 4 Minutes for Discussion)

Yellow Needs

- Yellows need acceptance, approval, attention, and affection. If you think you might be yellow, what's your reaction to those four innate needs?
- Which need(s) have you been struggling to have met during quarantine?

Discussion Break 2 (8:25; Approximately 4 Minutes for Discussion)

Red Needs

- Reds need loyalty, appreciation, sense of control, and credit for work. If you think you might be red, what's your reaction to those four innate needs?
- Which need(s) have you been struggling to have met during quarantine?

Discussion Break 3 (11:49; Approximately 4 Minutes for Discussion)

Blue Needs

- Blues need safety, support, sensitivity, and space & silence. If you think you might be blue, what's your reaction to those four innate needs?
- Which need(s) have you been struggling to have met during quarantine?

Discussion Break 4 (15:48; Approximately 4 Minutes for Discussion)

Green Needs

- Greens need harmony, respect, feeling of worth, and lack of stress. If you think you might be green, what's your reaction to those four innate needs?
- Which need(s) have you been struggling to have met during quarantine?



Skip the next two discussion breaks in favor of one final, longer discussion at the end. The discussion questions are listed on the following page.

Quarantine Quarrels

(AND HOW TO QUIT THEM)

Discussion Break 5 (After the Video; Approximately 15 Minutes for Discussion)

- What has someone done or said to you during quarantine that might have worked against your innate needs?

Example: As a yellow, I've been craving attention. But my spouse has been so preoccupied with work that they don't even look up from the computer screen when I'm talking.

- What have you done or said to someone else during quarantine that might have worked against their innate needs?

Example: I think my teenager might be green, so I bet the list of chores I handed them Monday morning didn't meet their need for lack of stress.