



Knowing What You Don't Know

If you have heard this phrase hopefully you realize its importance. Just as it is important to have an accurate assessment of your own knowledge and skills, it is also important to realize areas where you are unsure and can use guidance, direction, or education.

Directions – Discuss each of the following parts below, one by one, by sharing personal stories and situations as appropriate as a group, discussing feedback as a group, then moving to the next part.

Note – This group can be useful to the counselor as a way to choose future groups based on the needs expressed in this group. Therefore, it can be helpful to take some notes about group areas of need

Part 1 - “I Got This” – Share with the group a life situation where you are proud to say that you now know what you are doing, and you can manage this life area effectively.

- Example – “My life was a mess with Relationships for years but now that my head is clear since I have made some progress in treatment, I feel like I no longer get myself into hurtful and negative relationships anymore and I carefully choose my associates much better these days”

Part 2 – “Working on it” – Share about a life area where you believe that you have a “working knowledge” which is getting better with time and practice. You have not mastered this yet, but you are making progress.

- Example – “I struggled with Relapse Prevention for a while, and it is still an area I need to focus on and learn more about, but I am happy that I am definitely doing a lot better than I was just weeks ago”

Part 3 - Winging it – Share about an area that you feel that you know barely enough to fake it for a while, but you definitely need to know more about in order to improve.

- Example – “When it comes to Anxiety, I am taking it day by day, and trying new things little by little but I still struggle just about every day, and I need more help and support to master this issue”

List of ideas for topics: *(Just some suggestions, you can use your own ideas)*

Relapse Prevention	Anger Management
Relationships	Stress Management
Managing Emotions	Forgiveness
Dealing with crisis situations	Coping with Cravings
Keeping a Positive Mindset (and Attitude)	Quitting Smoking
Having Fun without Substances	Self-Esteem
Goal Setting	Social Skills
Making Effective Decisions	Finding Happiness
Coping with Anxiety	Purpose and Meaning in Life
Coping with Depression	Staying Motivated

“To know what you know and what you do not know, that is true knowledge” - Confucius