



15 Excellent Discussion Questions for NSDA Support Group Meetings

1. What have you learned about yourself since being diagnosed with SD?
2. Do you usually tell people about your SD? In what context?
3. Does having SD limit your communication - by phone? If so, how do you deal with it?
4. What are three pieces of advice you would give to those new to SD?
5. Fill in the blank: "Living with SD is like....."
6. Have you ever used journaling to get out frustration and feelings associated with SD?
Does it help?
7. Have you read any of the books about SD? If so, what was your impression?
Did they help?
8. If you could trade your SD for another medical condition or disability, would you?
What would that be?
9. Is there any occupation where SD would be a benefit or wouldn't matter very much?
10. Do you think any famous and notable people in history had disabilities, SD or otherwise?
Did their conditions hold them back?
11. What is one positive thing about having SD?
12. Is it easier to cope with SD now than it was when you were first diagnosed? Harder?
The same? Why?
13. What bothers you most about having SD?
14. Has having SD changed your personality? If so, in what way?
15. Who in your life has been the most supportive of your struggle with SD? How have they helped you?