**Topics for Discussion**

**A. Friends**

* Do you stay in touch with your old childhood friends?
* What do you usually do when you hang out with your friends?
* Do you prefer having a lot of friends or just a few close ones?
* How long have you known your best friend?
* How did you and your best friend meet?

**B. Stress**

* What stresses you out the most?
* How stressed are you on a daily basis?
* What is the best way to relieve stress?
* What is stressing you out these days?
* What stresses you out but really should not?

**C. Happiness**

* When are you happiest?
* What do you think leads to long term happiness?
* Can a person learn to be happier?
* What do you do that makes you happy in the short term but makes you unhappy in the long term?
* Do you think people are happier on average now than they were in the past?