



## CONVERSATION-STARTERS

### HEALTH AND TRUST

#### FIRST, NEXT MEETING

Some Common Grounders schedule their next conversation while they are face-to-face with each other. They take care of this first, before discussing the questions below. So get out your calendars and set your next meeting—

Date:

Time:

Place:

#### NOW, CONVERSATION

These questions are not an assignment. Just use them as a springboard to honest conversation. Feel free to ask additional questions as well.

1. When you were a child, who took care of you when you were sick? What kinds of things did they do to make you feel better?
2. Are you the kind of person who prefers to go to the doctor, or would you rather “tough it out”?
3. What are some ways your family culture influences the health and medical choices you make today?