



What's something you used

to believe when you were

younger that you don't anymore?



Finish the sentence:

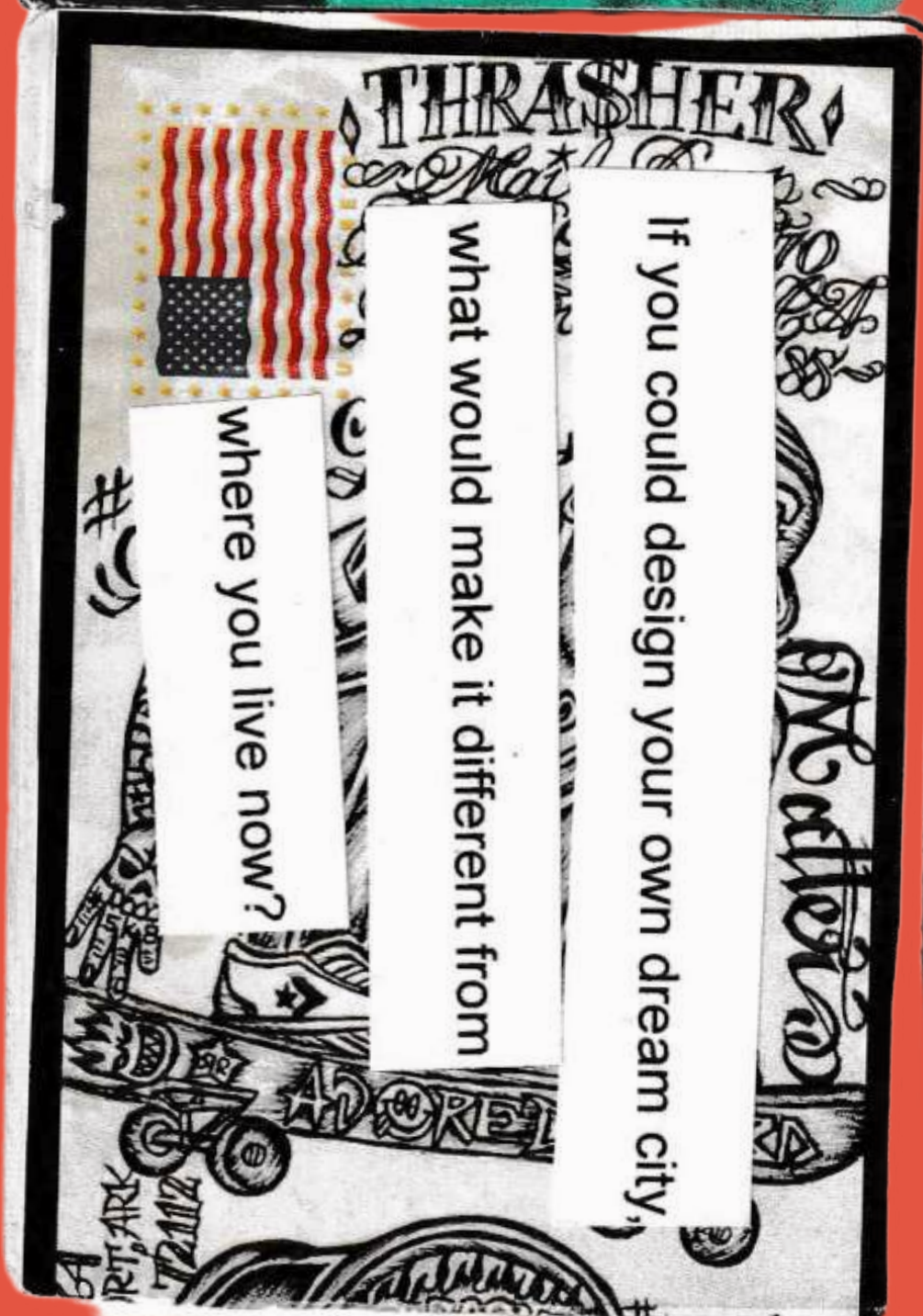
"When I'm upset,

something that helps me is..."



What's something you accomplished

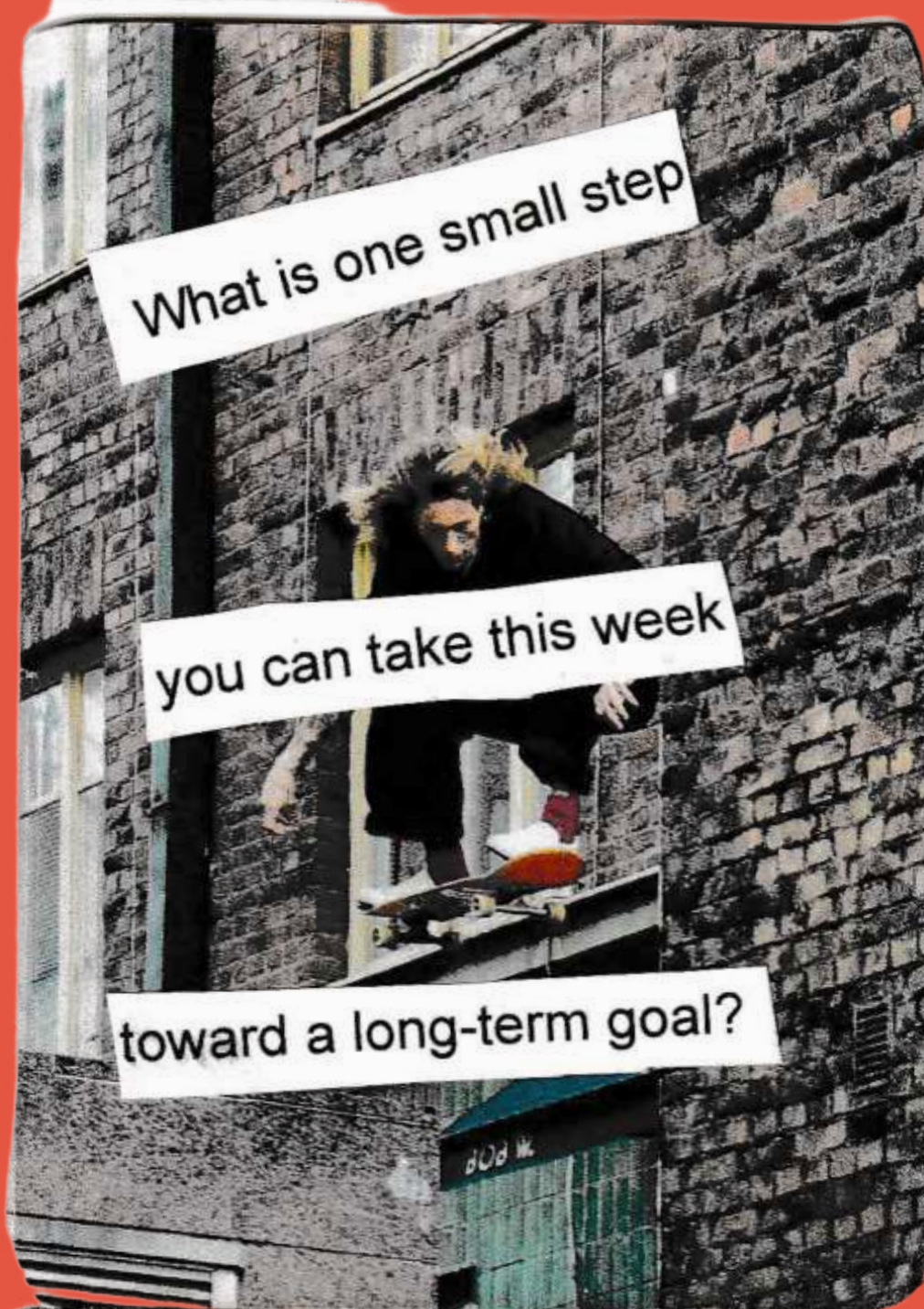
that other people might not know about?



where you live now?

what would make it different from

If you could design your own dream city,



What is one small step

you can take this week

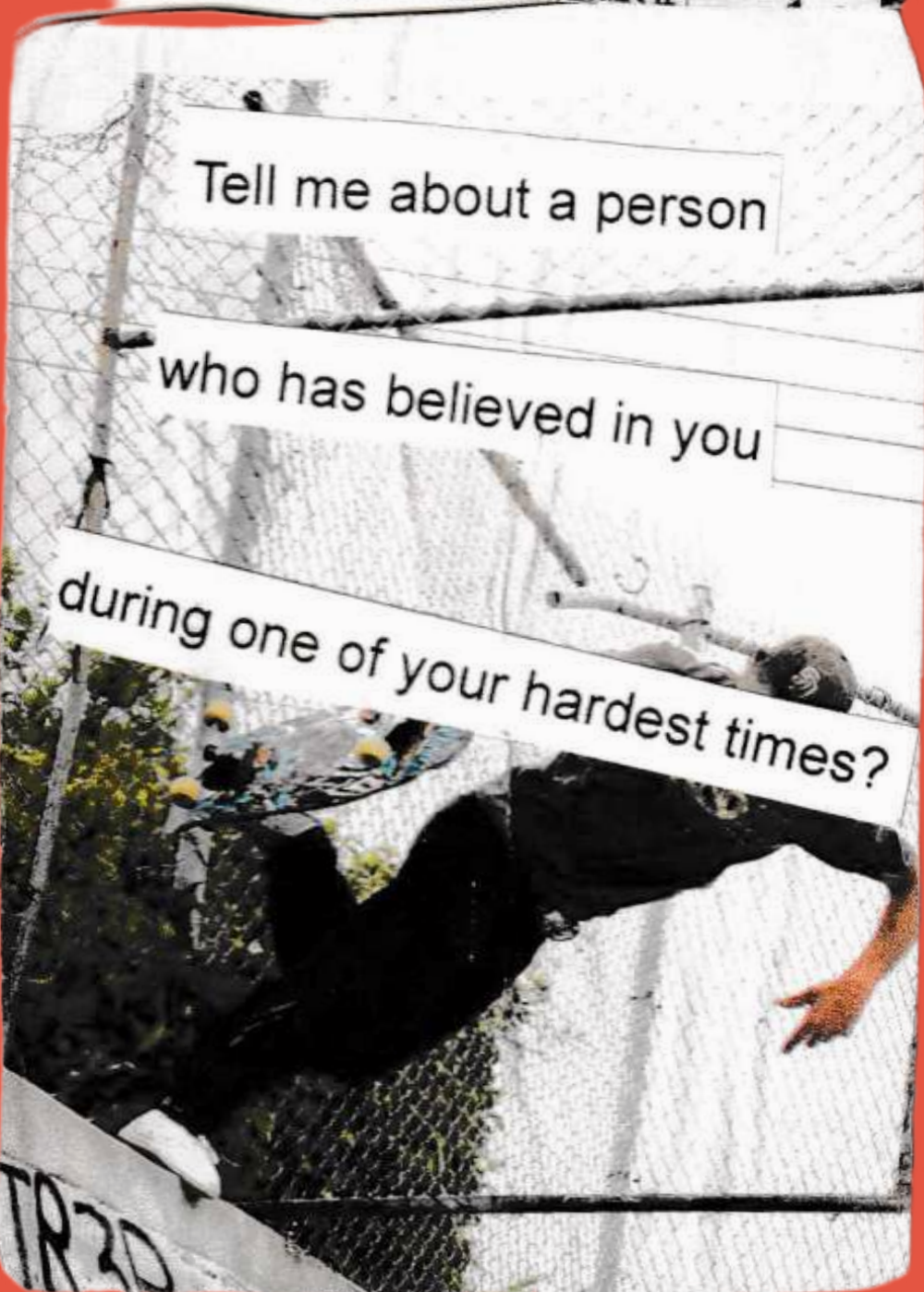
toward a long-term goal?



What's something you've done

that helped someone

else feel better?



Tell me about a person

who has believed in you

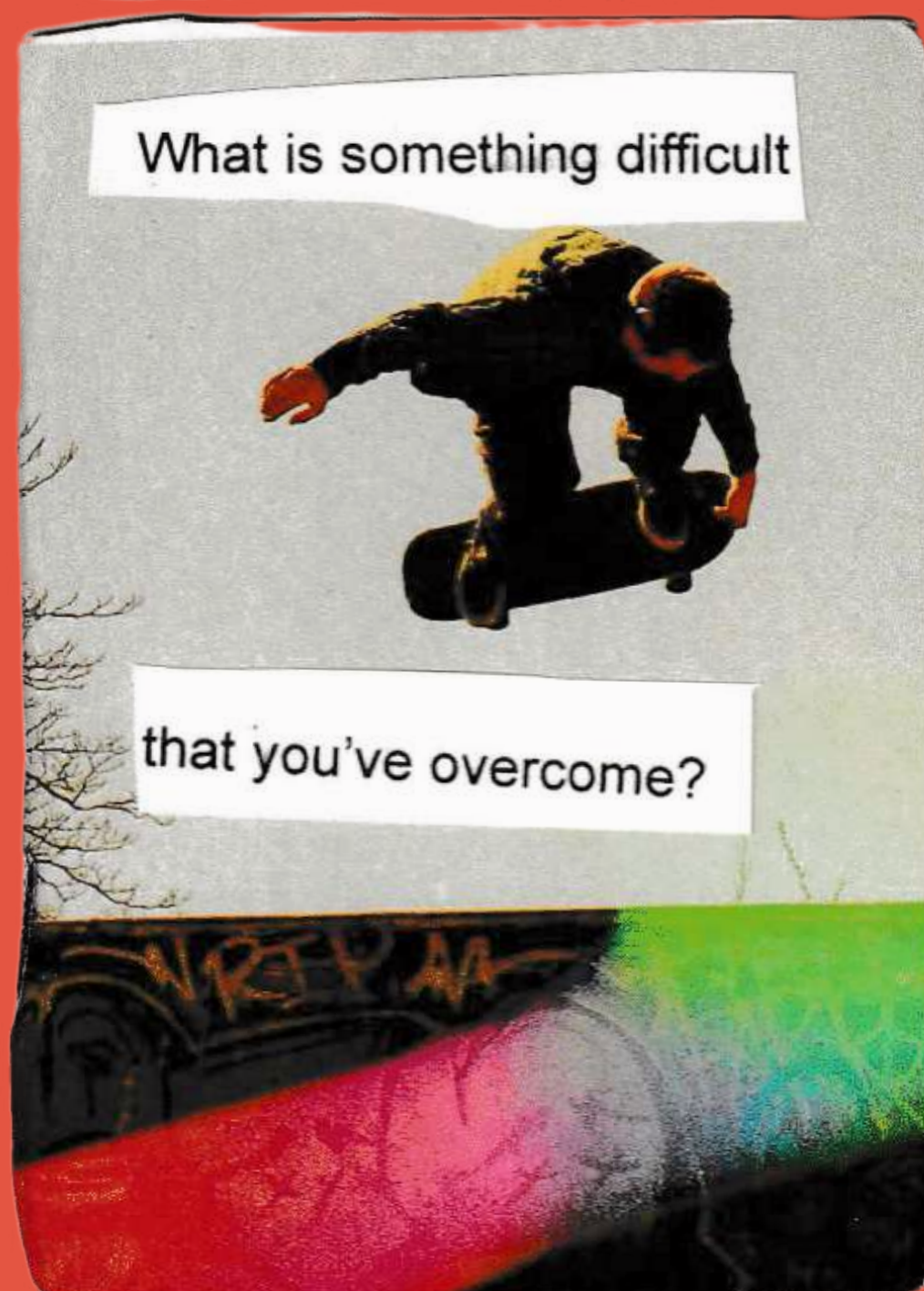
during one of your hardest times?



What is a rule in your family

that you don't always like

but you understand?



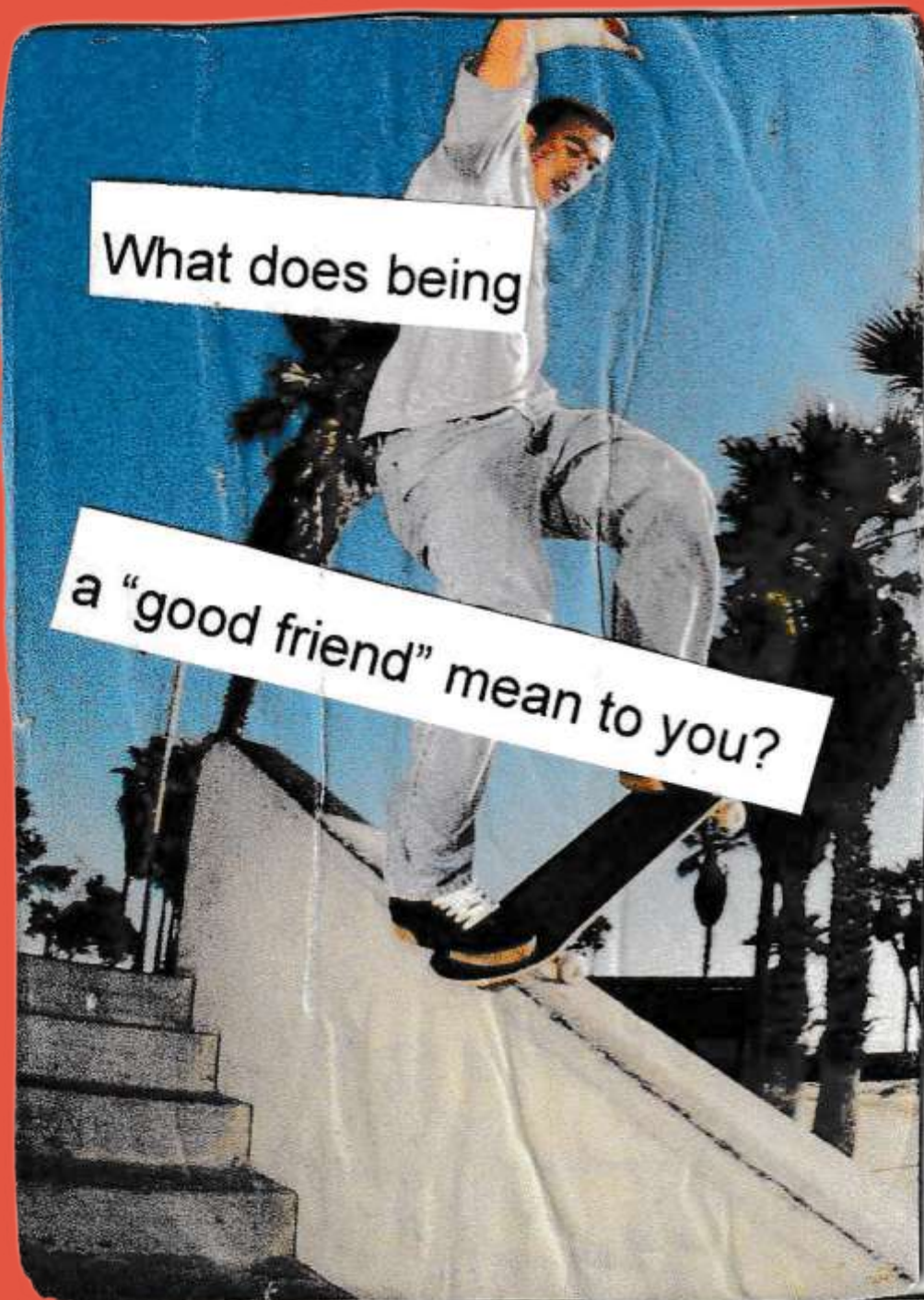
What is something difficult

that you've overcome?



What is one thing your parents do

that you wish they wouldn't?



What does being

a "good friend" mean to you?



When was a time

you stood up for someone

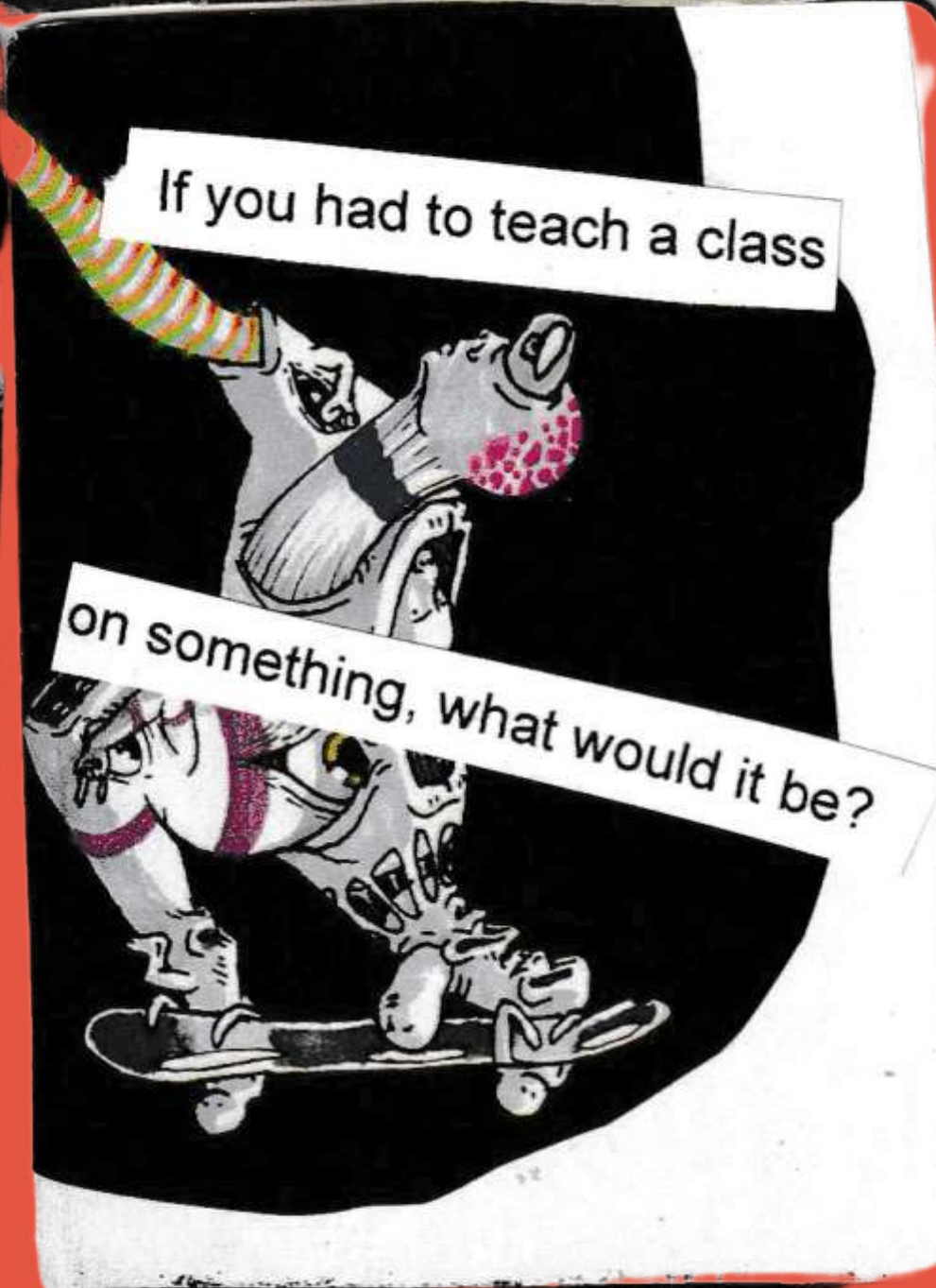
(or wish you had)?



What's a time you had to

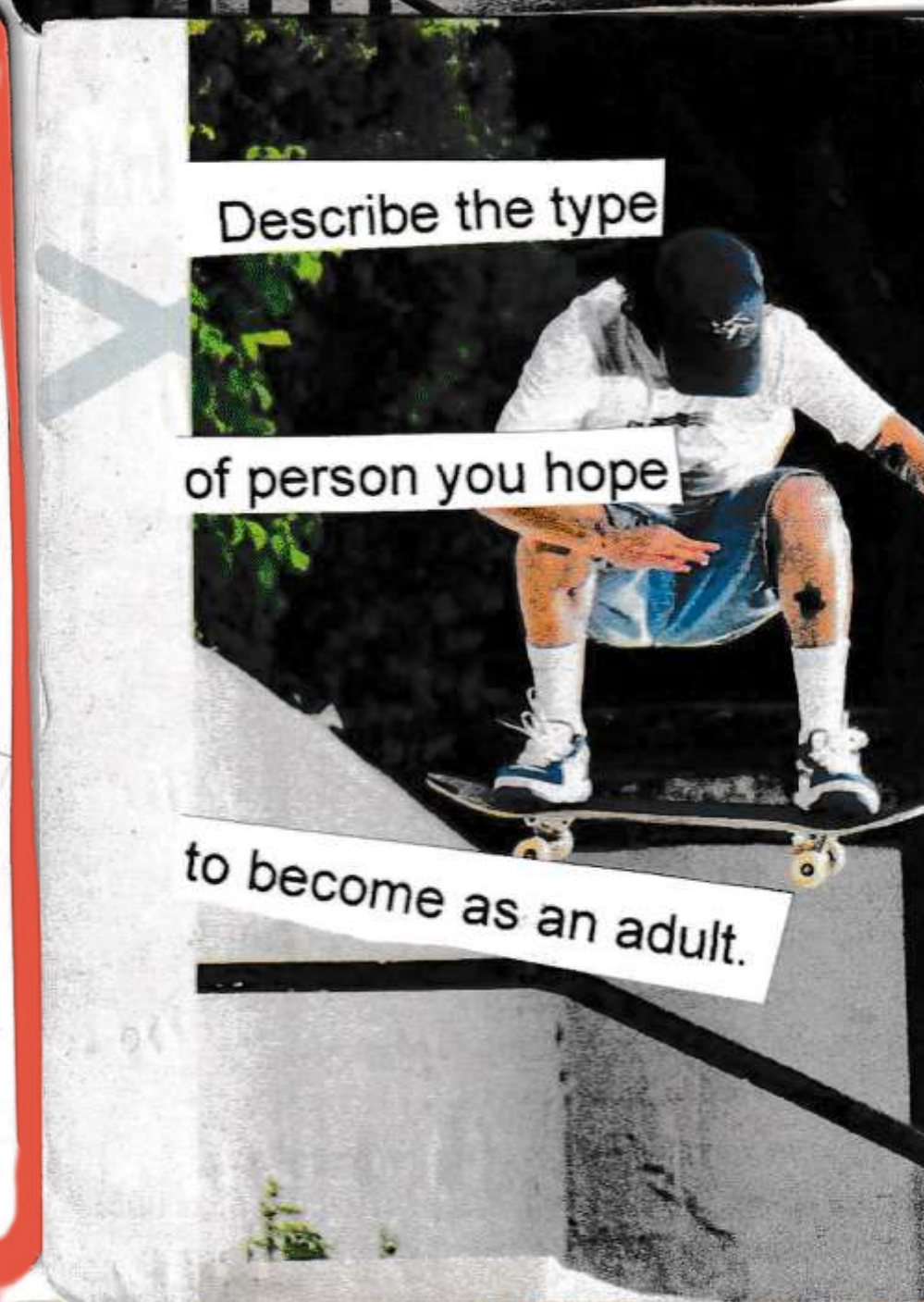
'get back up' in life,

just like after a slam?



If you had to teach a class

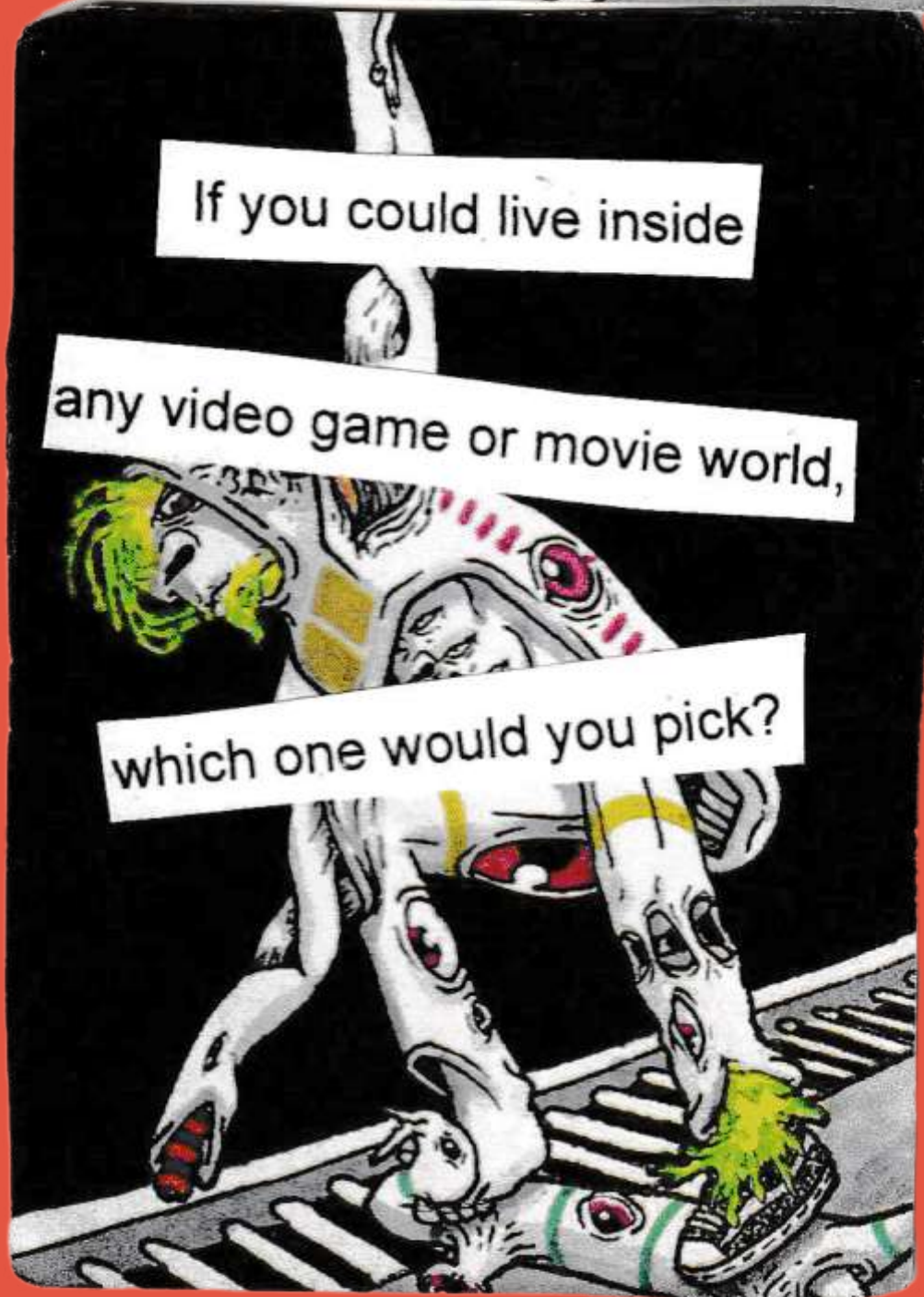
on something, what would it be?



Describe the type

of person you hope

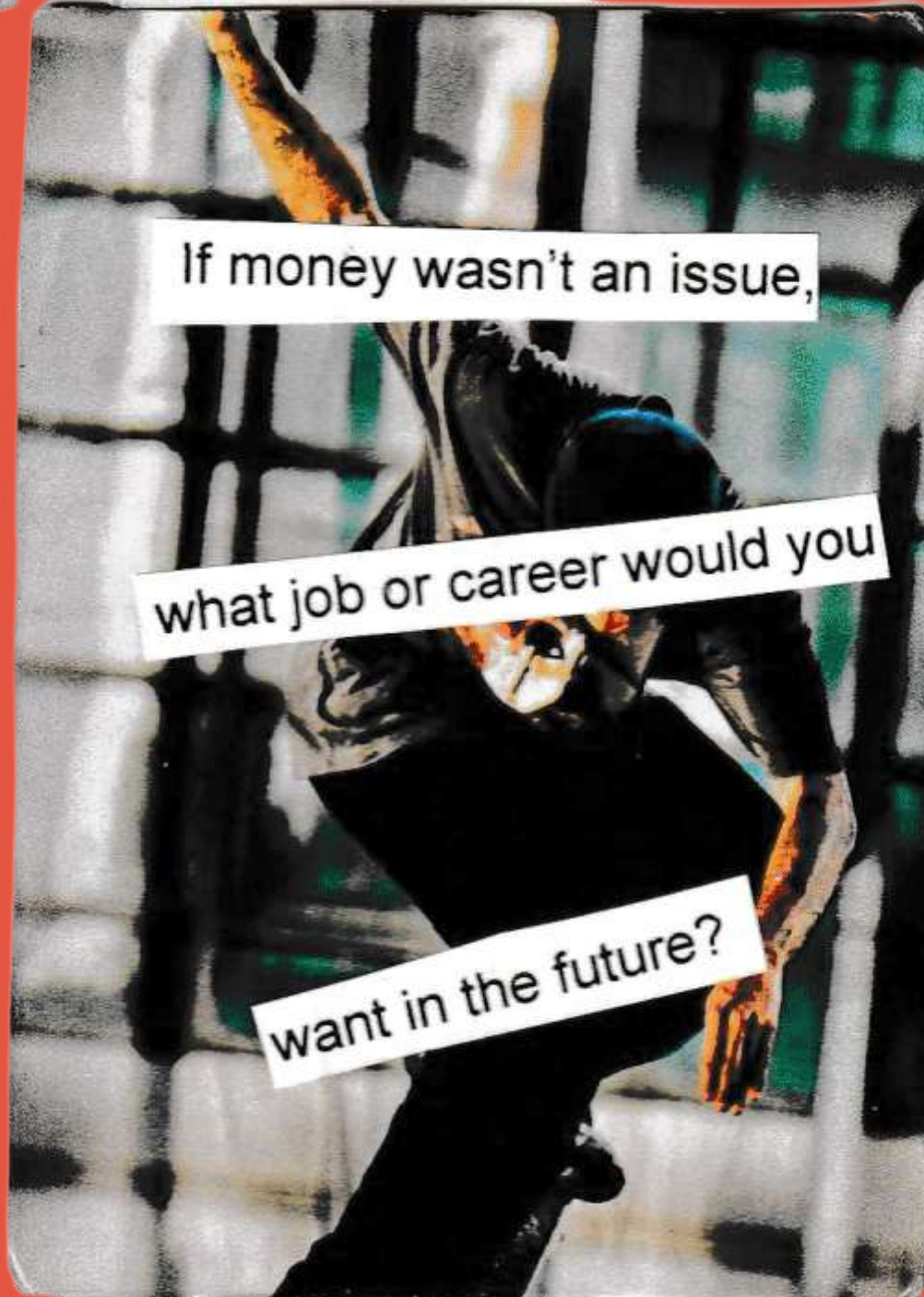
to become as an adult.



If you could live inside

any video game or movie world,

which one would you pick?



If money wasn't an issue,

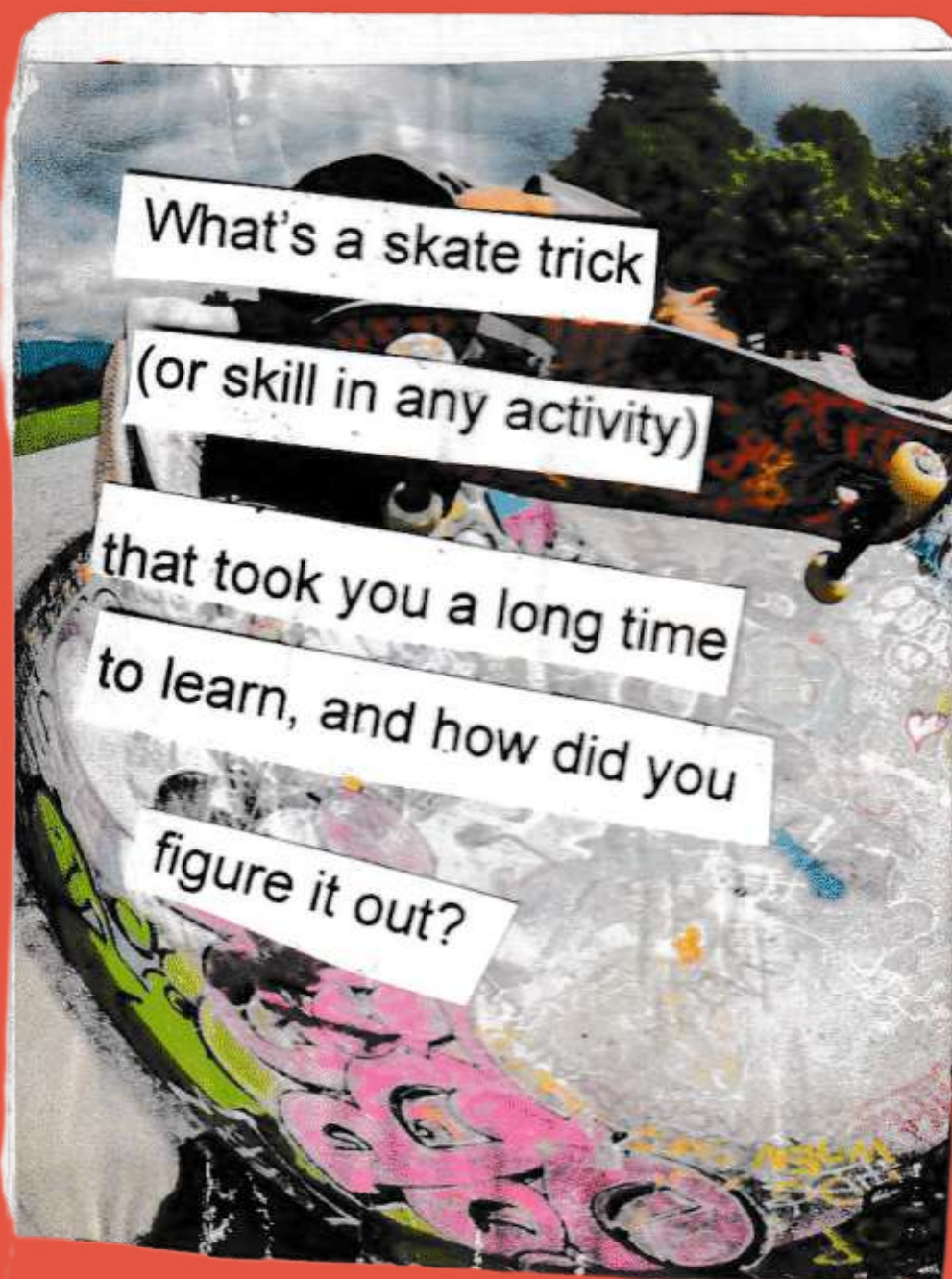
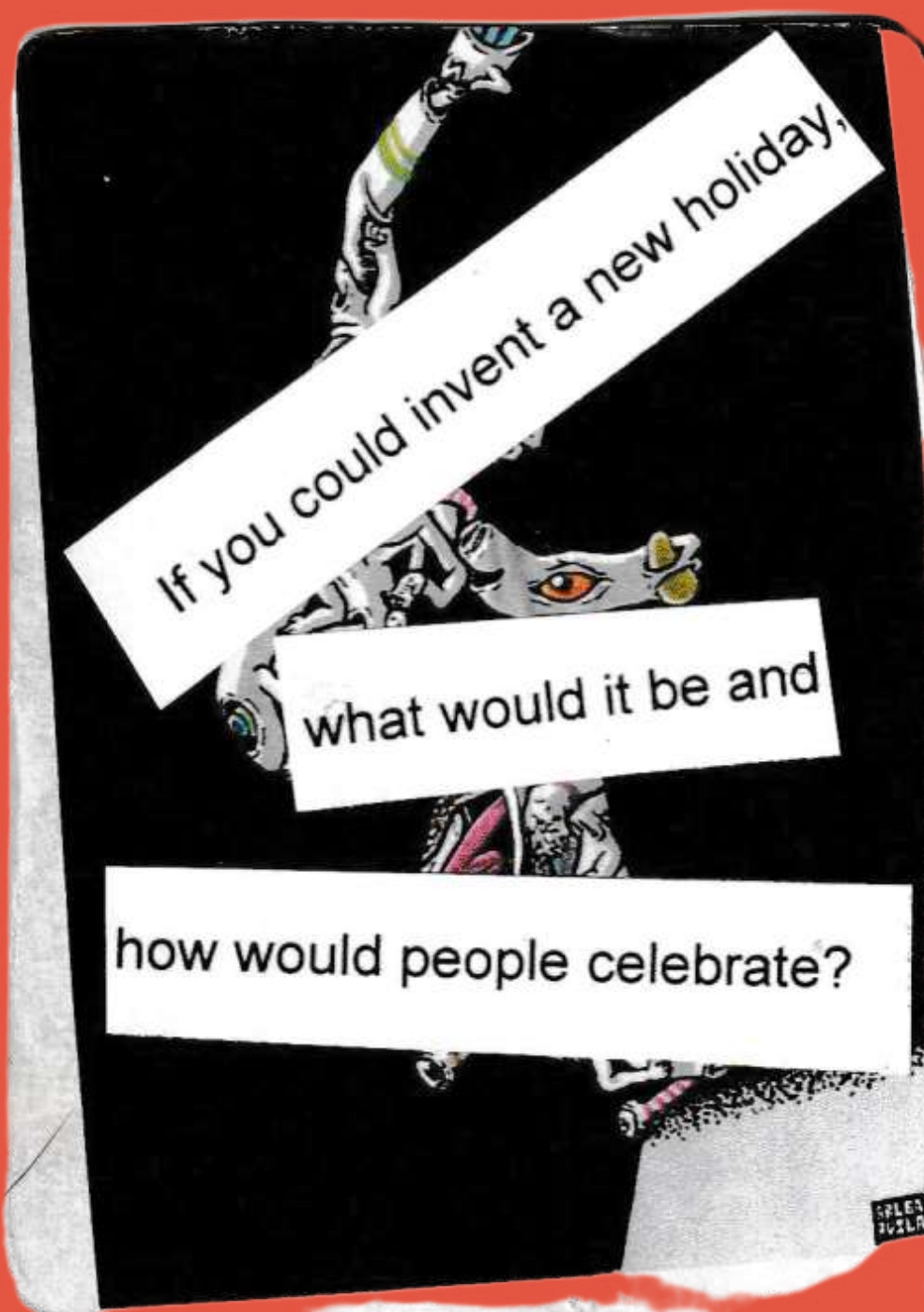
what job or career would you

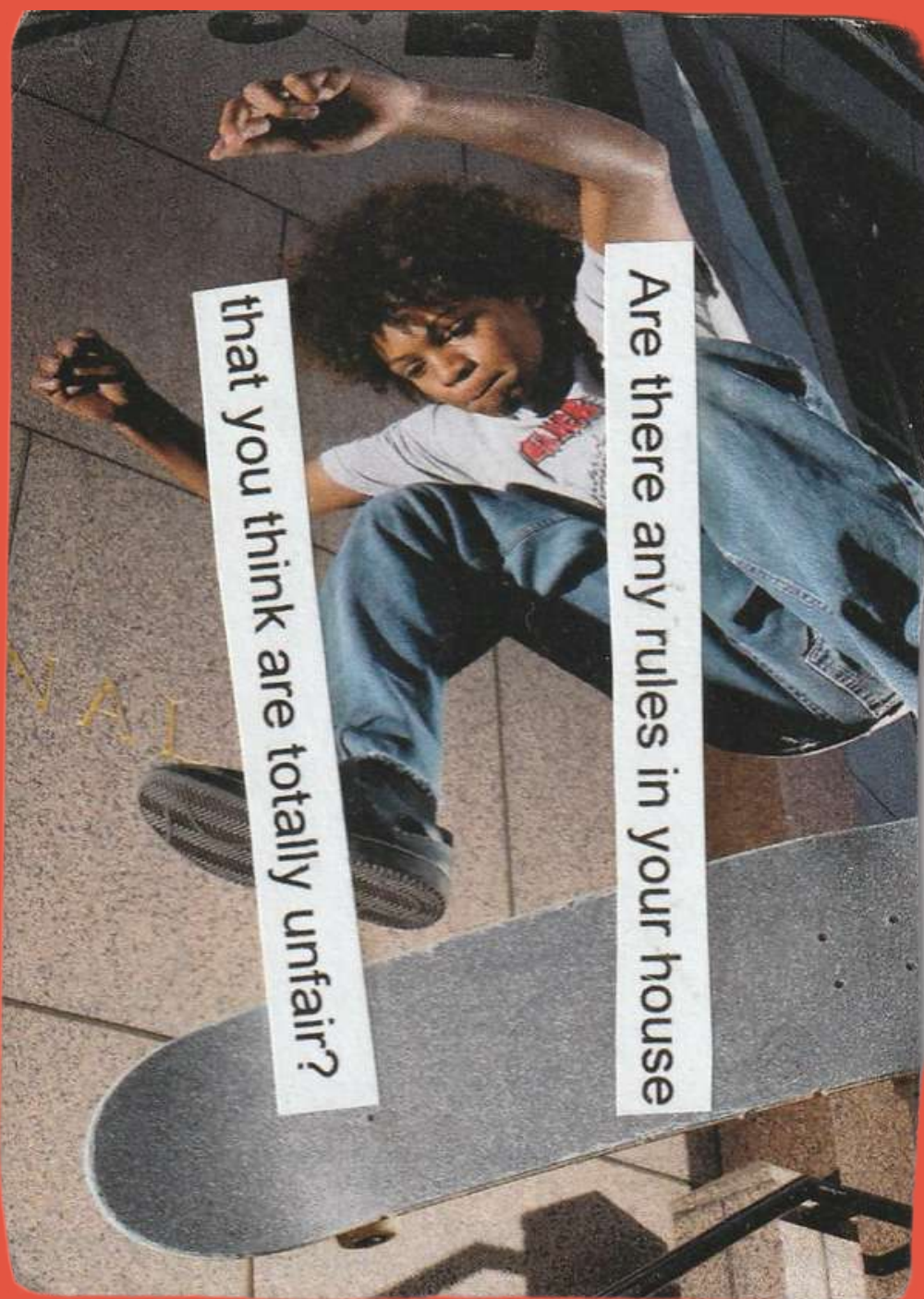
want in the future?



—what is it, and how do you use it?

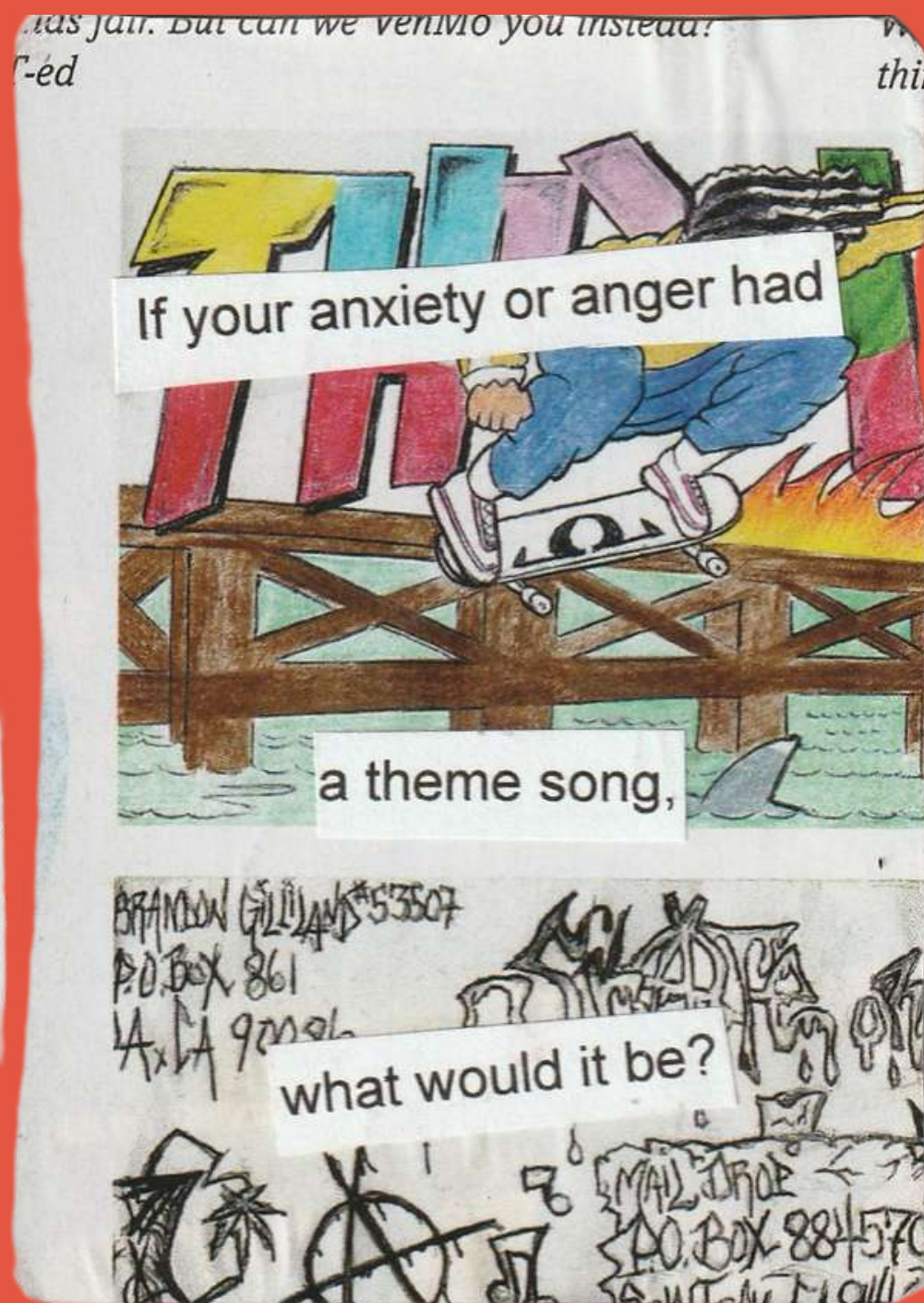
Imagine you wake up with a superpower—





that you think are totally unfair?

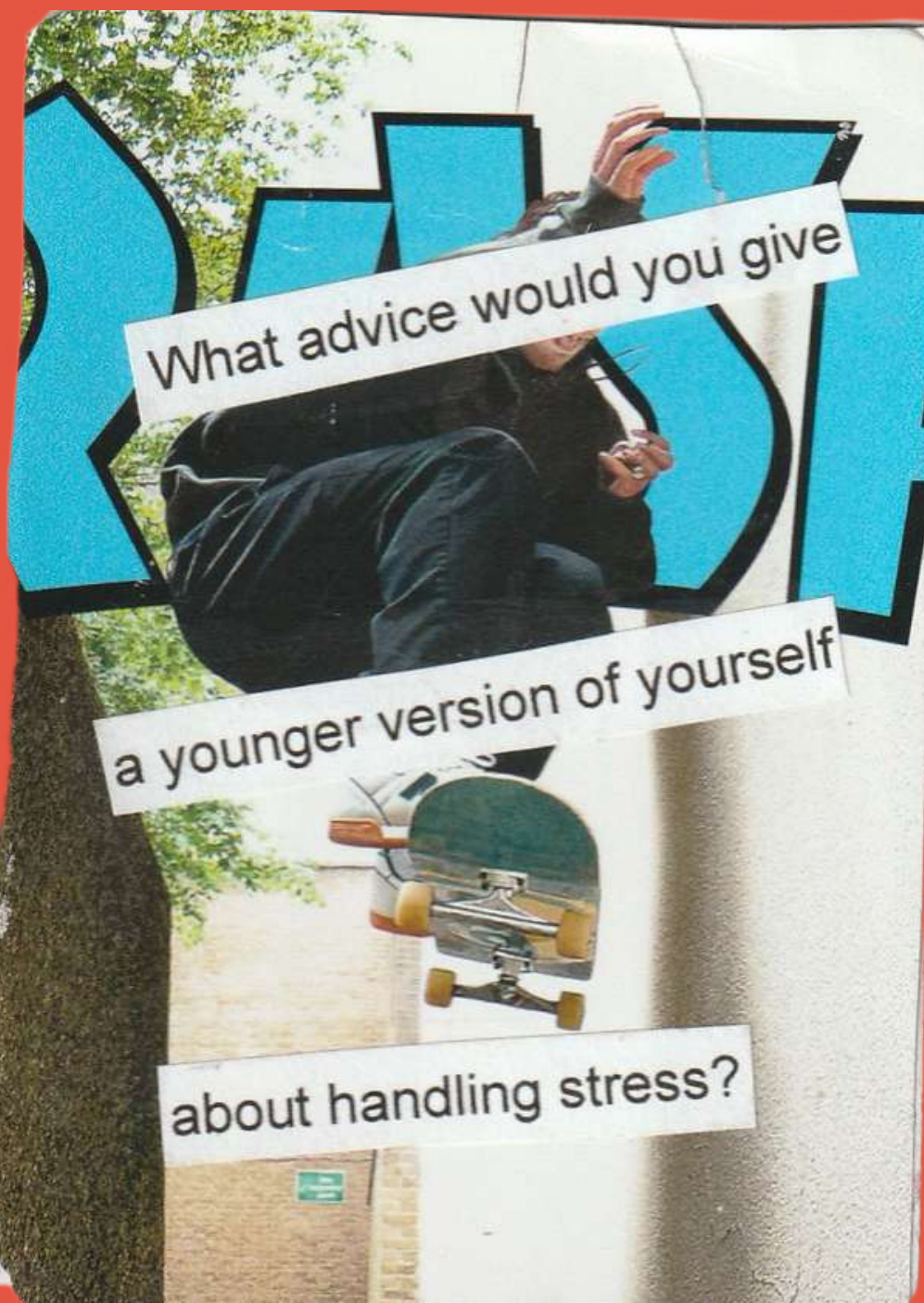
Are there any rules in your house



If your anxiety or anger had

a theme song,

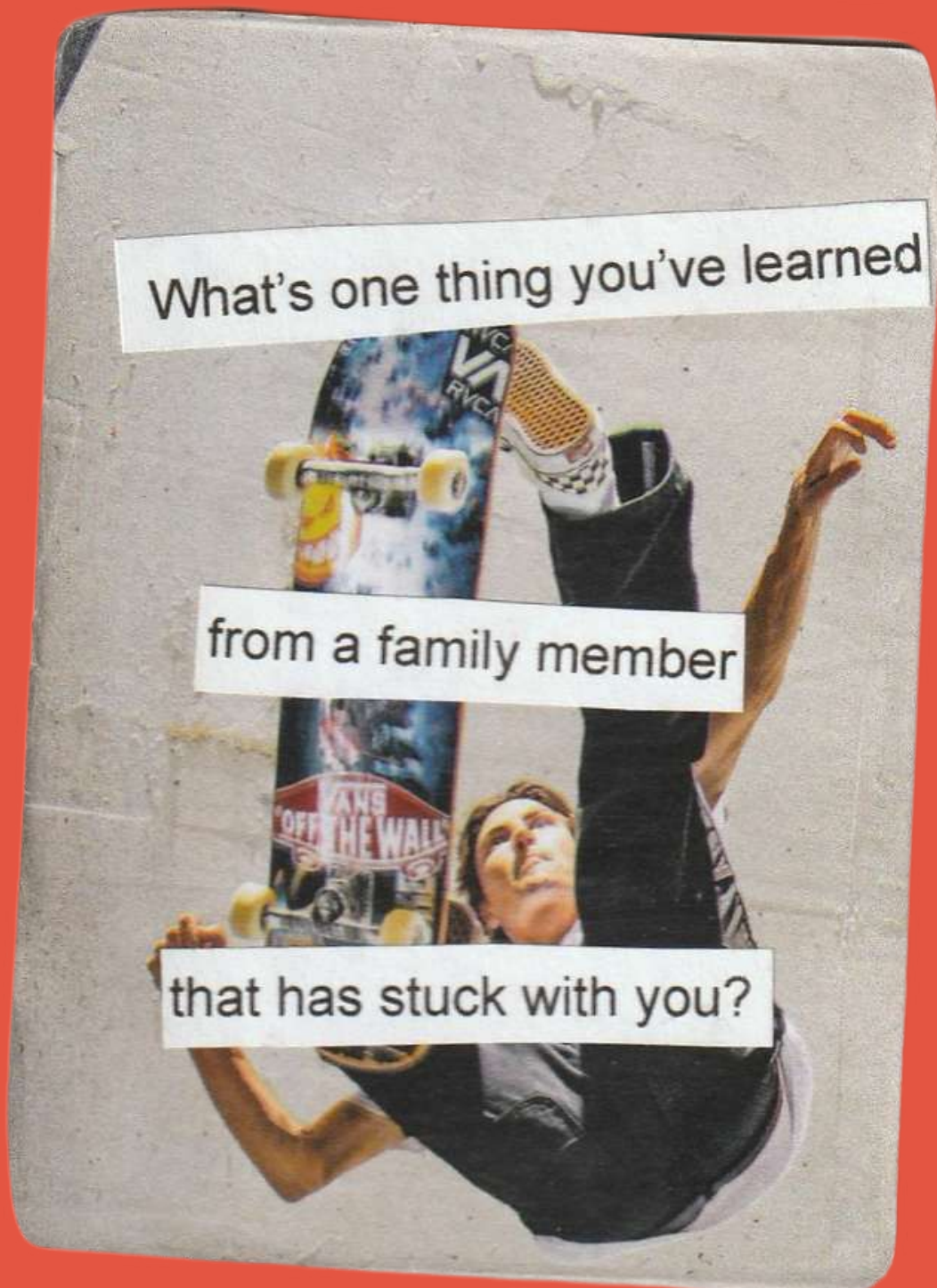
what would it be?



What advice would you give

a younger version of yourself

about handling stress?



What's one thing you've learned

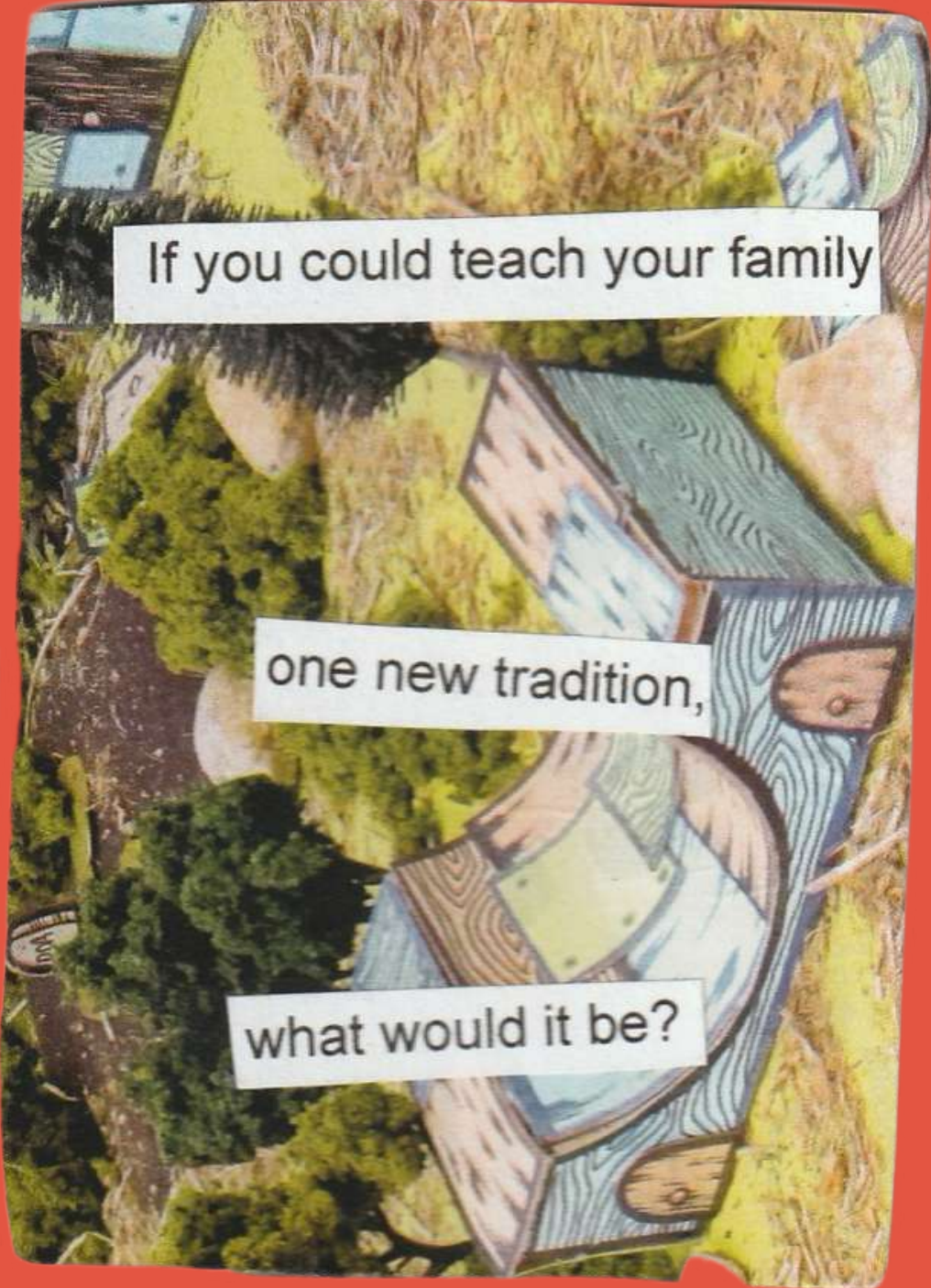
from a family member

that has stuck with you?



What's something you do when you're

overwhelmed that helps you feel better?



If you could teach your family

one new tradition,

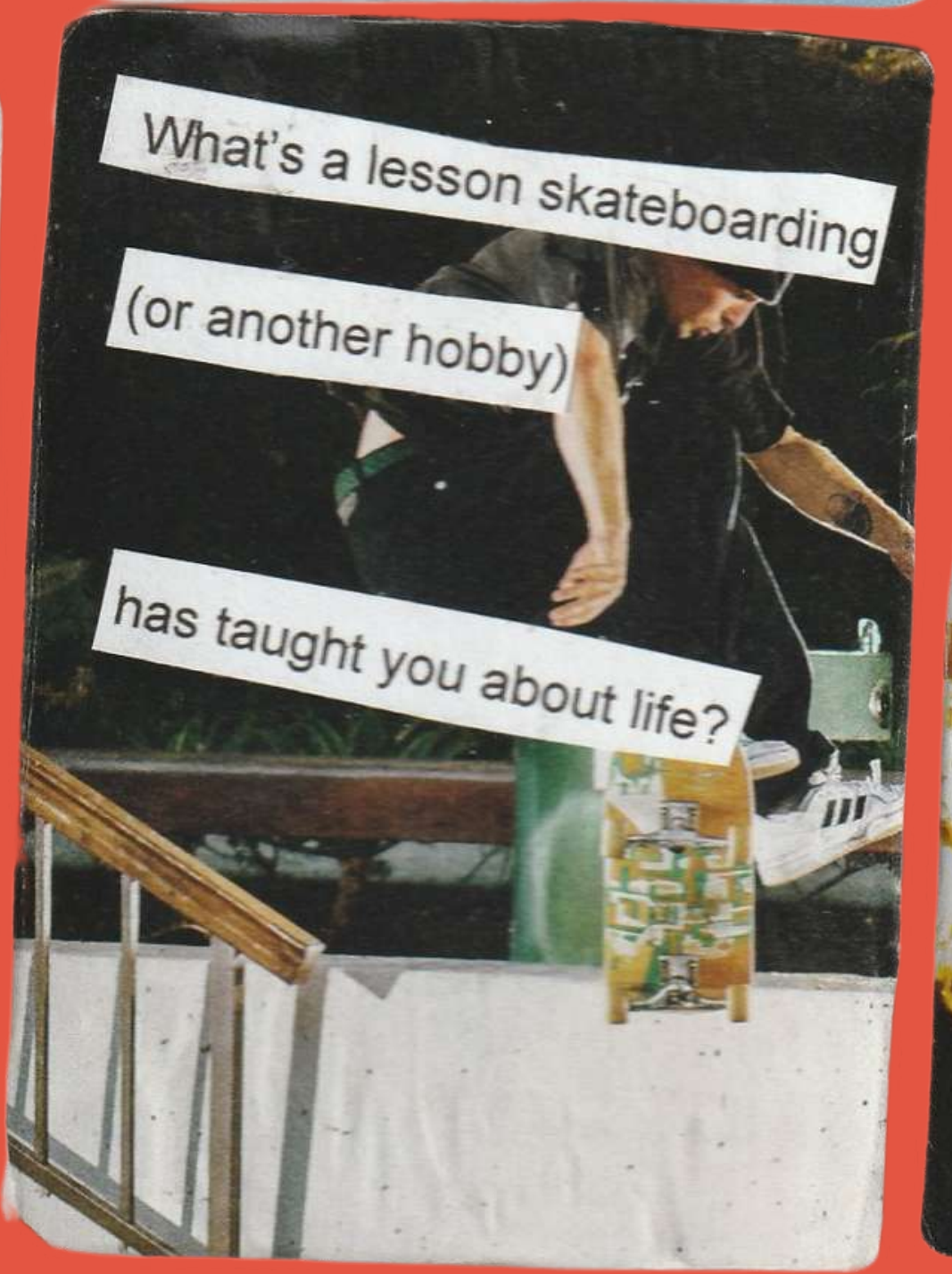
what would it be?



If frustration was a monster,

what would it look like,

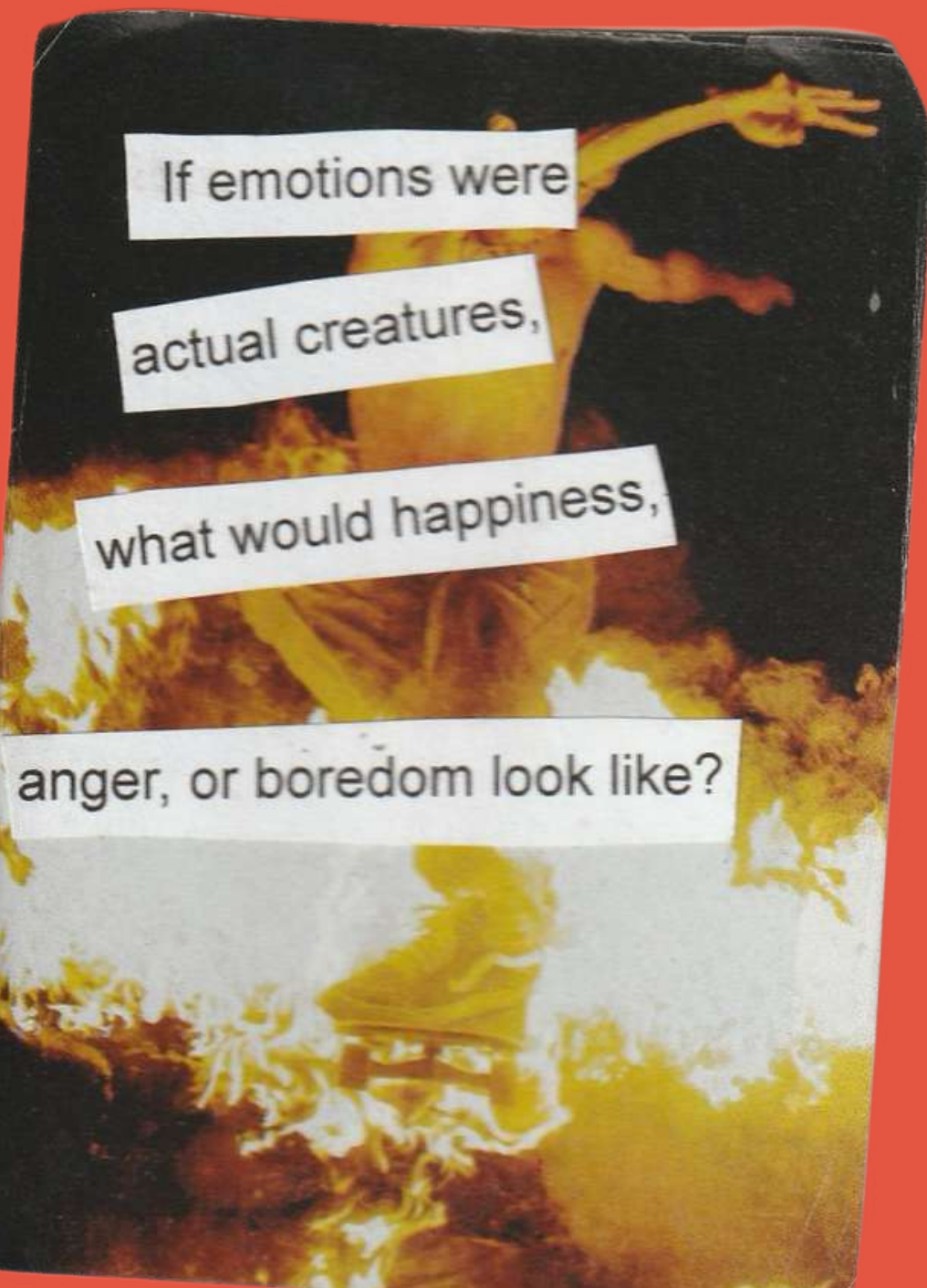
and how could you tame it?



What's a lesson skateboarding

(or another hobby)

has taught you about life?

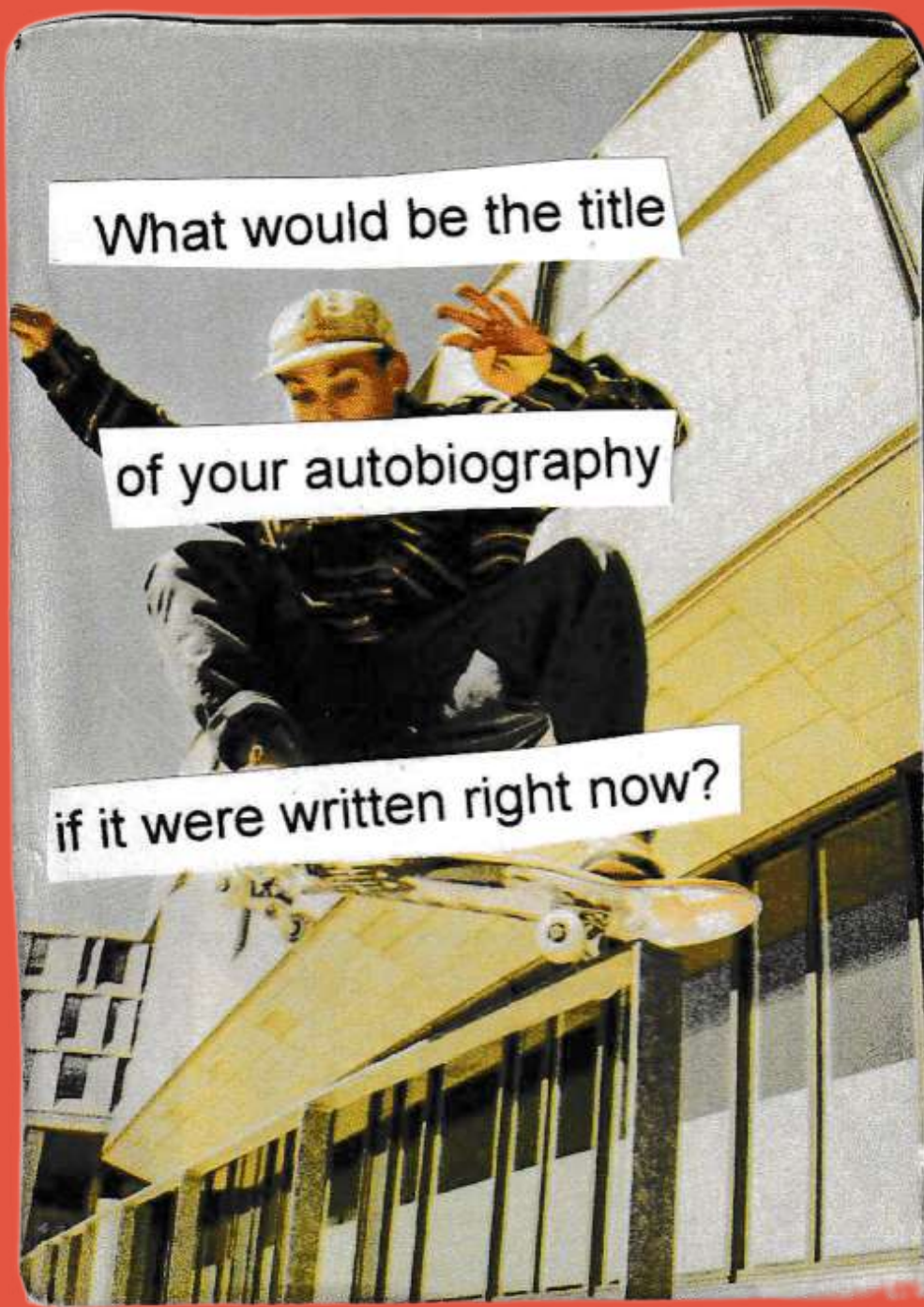


If emotions were

actual creatures,

what would happiness,

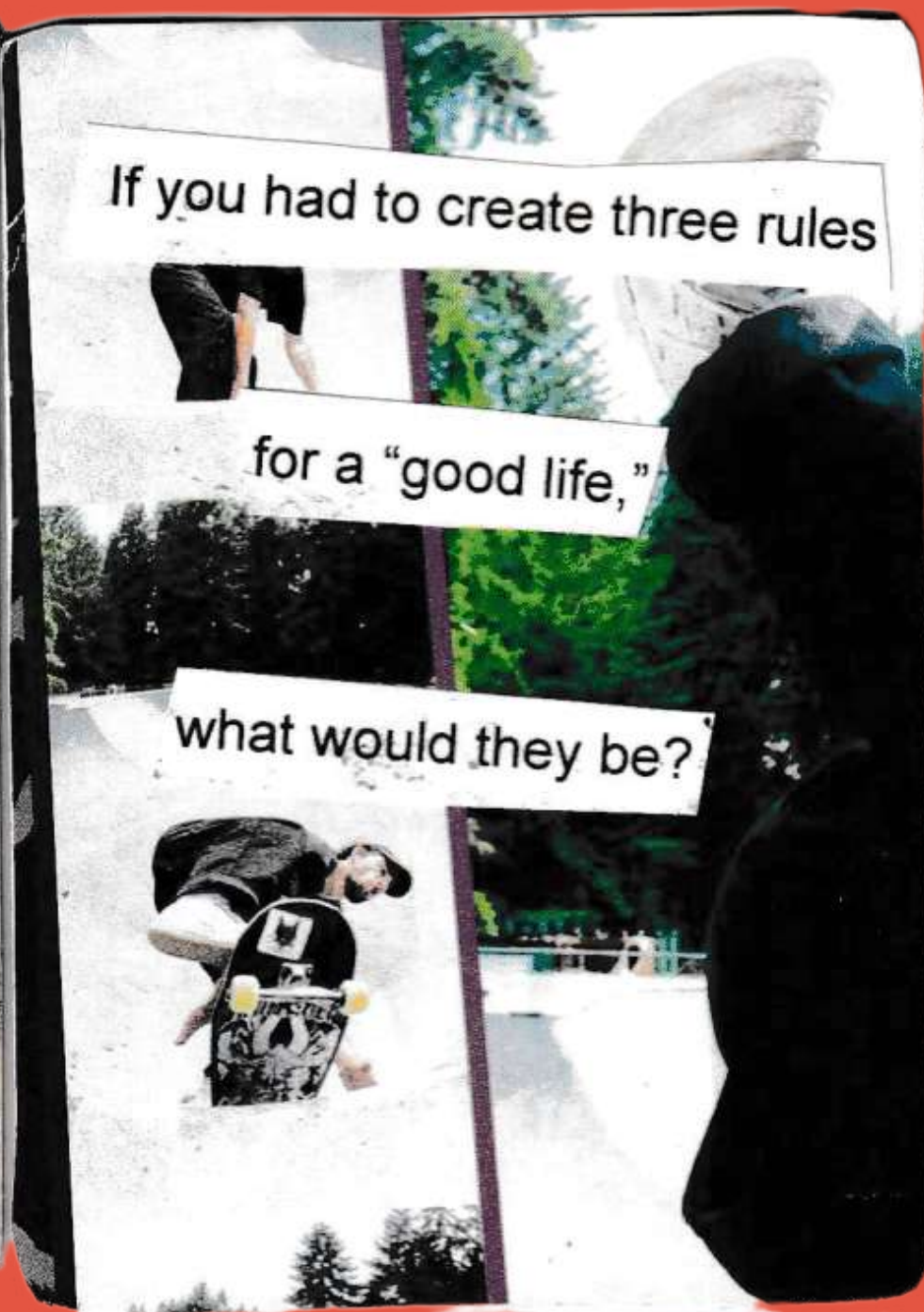
anger, or boredom look like?



What would be the title

of your autobiography

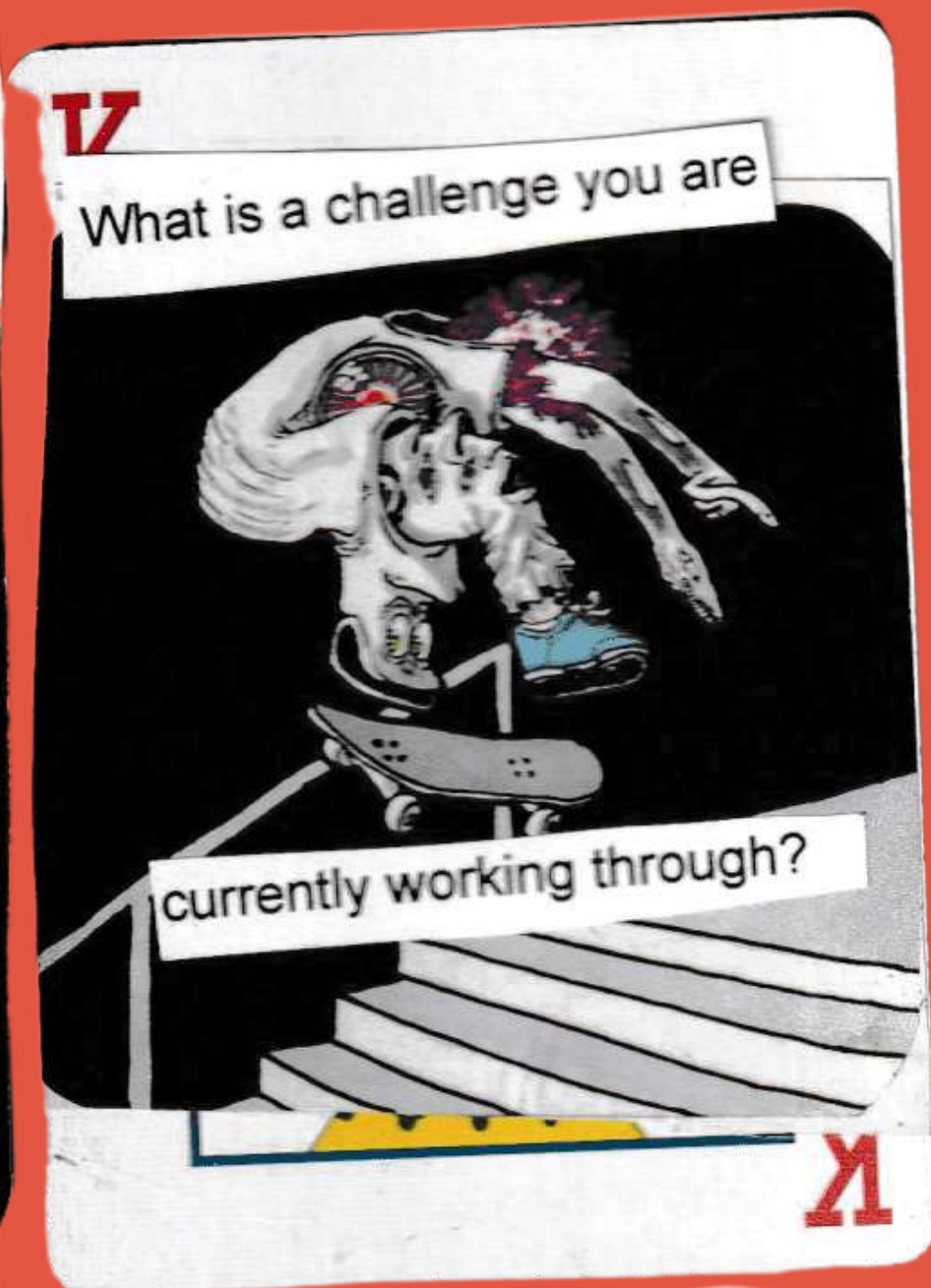
if it were written right now?



If you had to create three rules

for a "good life,"

what would they be?

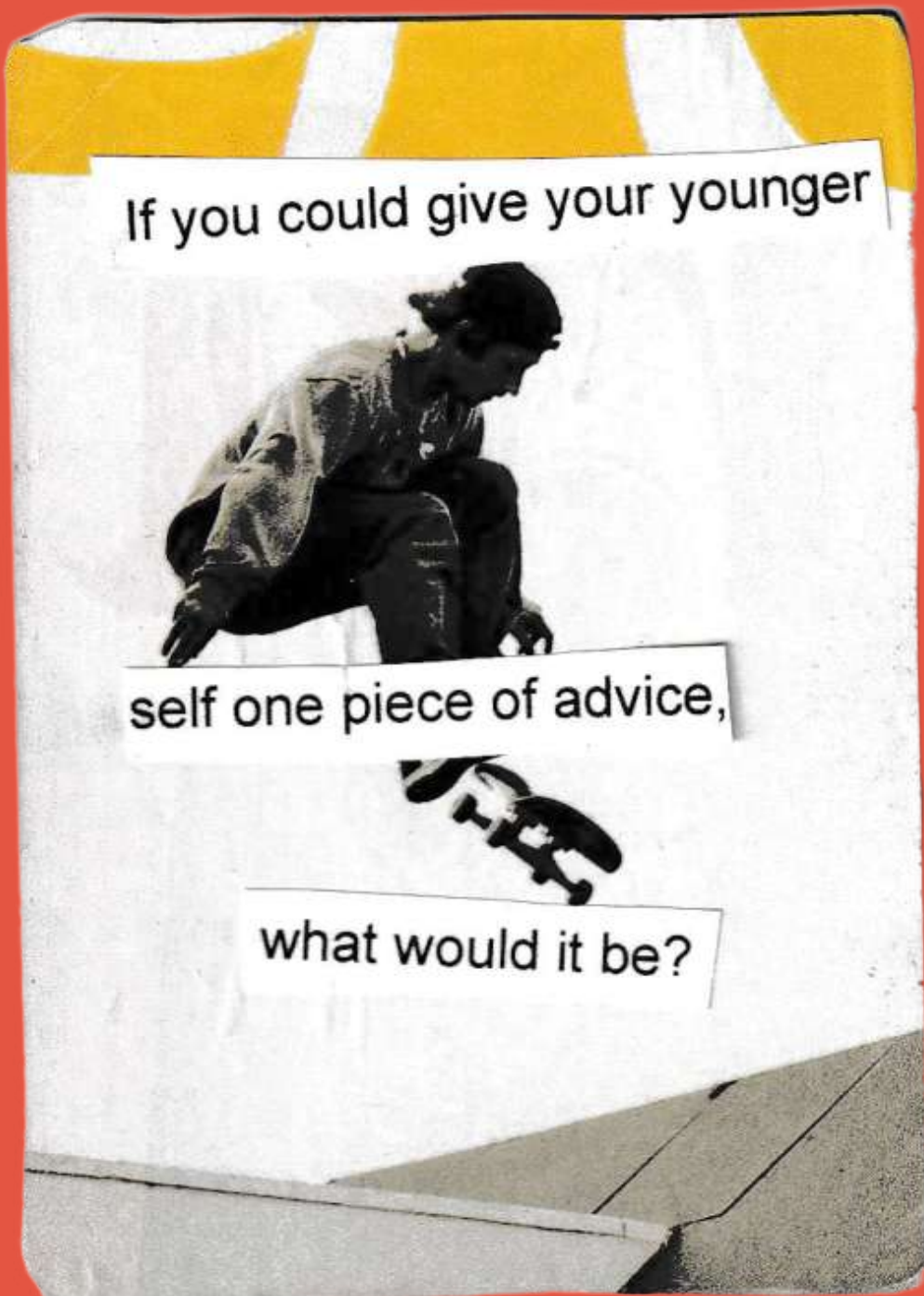


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What is a challenge you are

currently working through?

11



If you could give your younger

self one piece of advice,

what would it be?

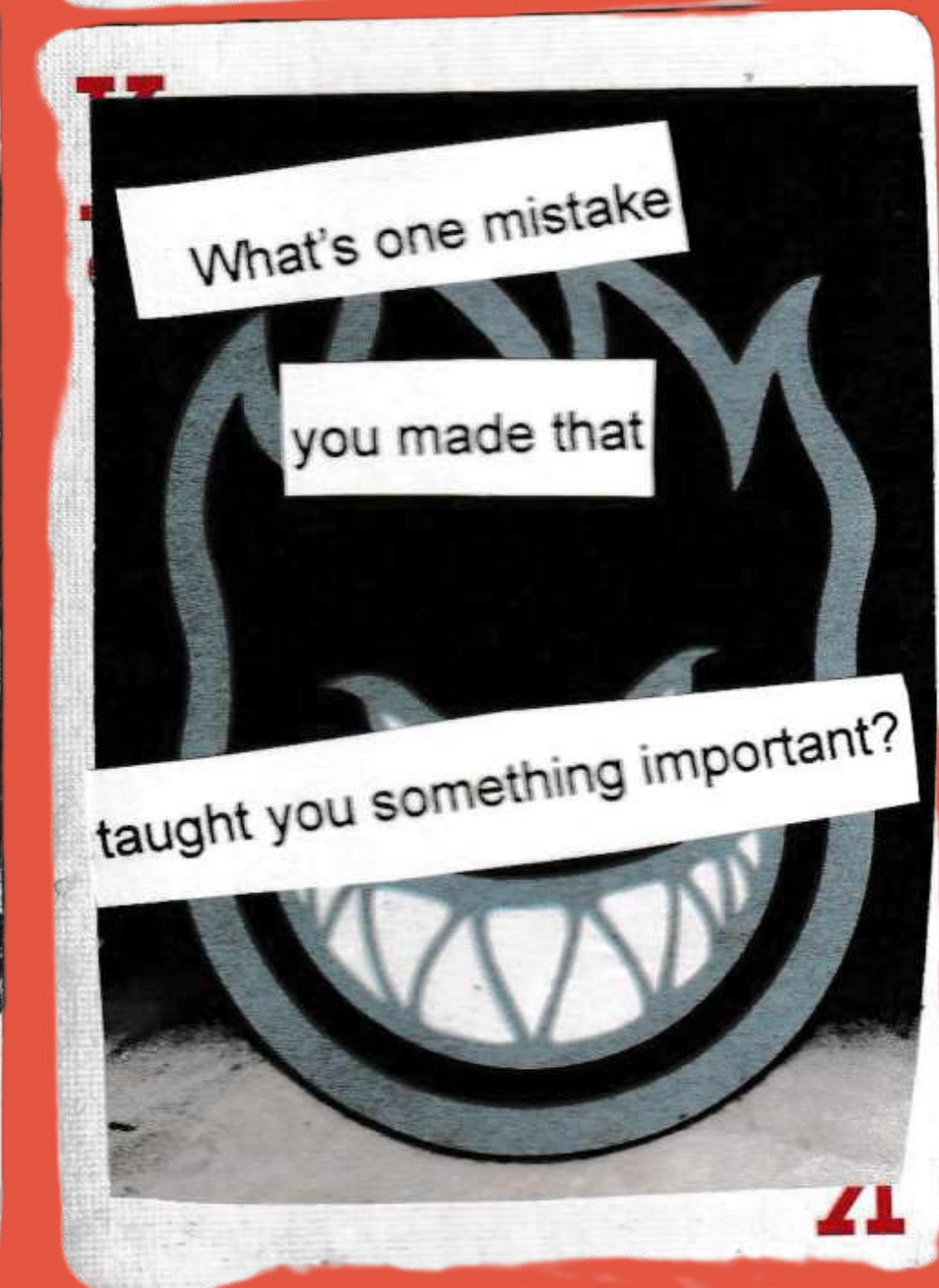


Describe a time you felt

really supported

by someone in your family.

ARLEN
RUIZ



What's one mistake

you made that

taught you something important?

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What is something that

motivates you to keep going

even when things are hard?



What is a skill you'd

love to get really good at?



What is something you wish

your parents or caregivers

did more often?



Who is someone you admire,

and what do you respect

about them?



If challenges in life were all

seen as skate tricks

what's something

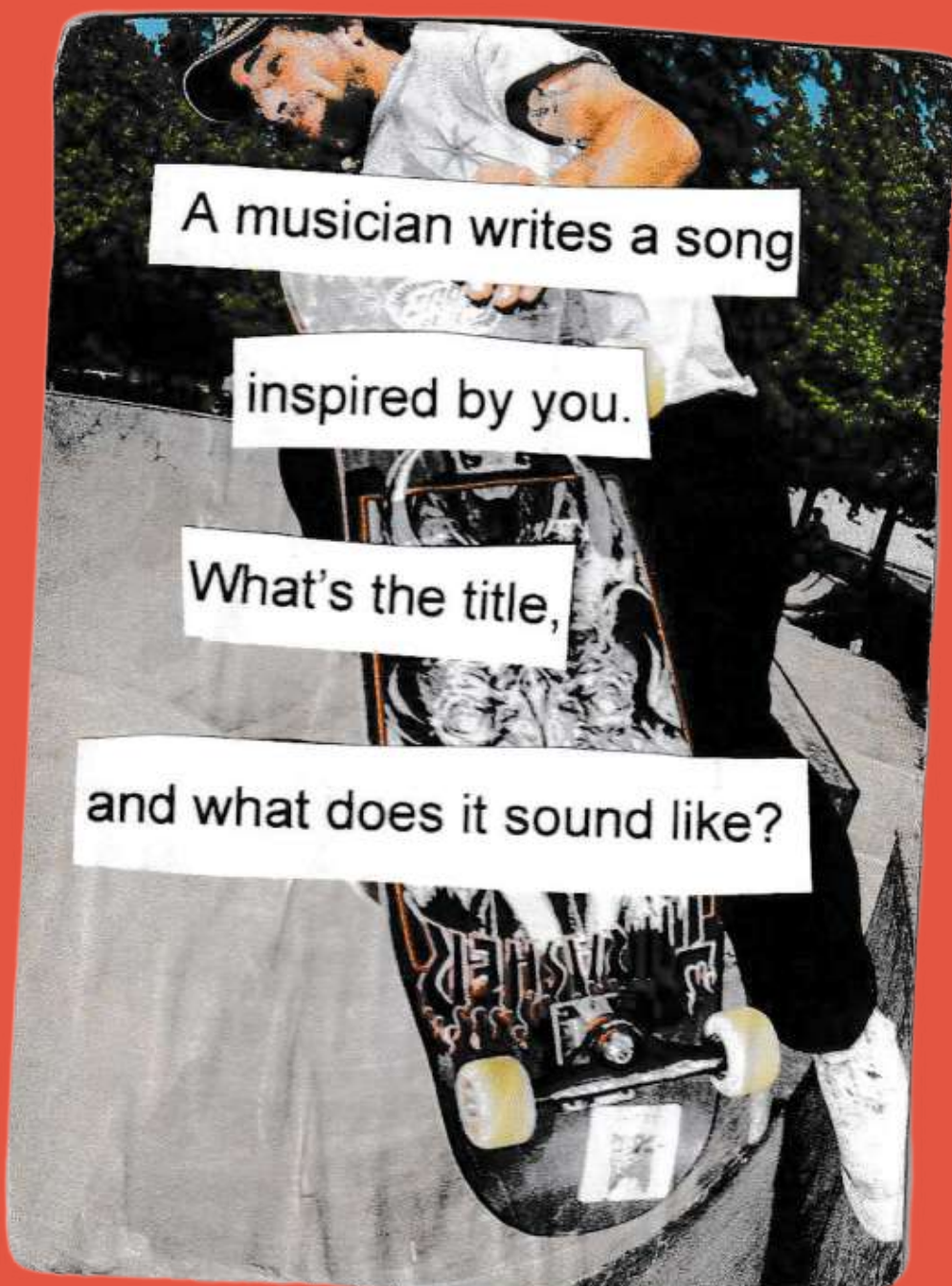
you're still practicing?



What's a surprising way you

help yourself feel better

when things get hard?



A musician writes a song

inspired by you.

What's the title,

and what does it sound like?



If your pet

suddenly became human

for a day,

what do you think they'd do

first?

SKATE
THERAPY