



Discussion Prompts

Pose your own questions or use of these to get the conversation started!

- Where are you from?
- Describe an ideal personality.
- How do you spend your time?
- What frustrates you about the Theory?
- How would you prefer to spend your time?
- How will you apply the Theory moving forward?
- How do you develop drive in your self or others?
- Why did you choose to attend DC2022 in-person?
- How has learning about the Theory impacted you?
- Describe your last time experiencing disintegration.
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- When did you first learn about Dabrowski's Theory?
- How do you express or stimulate your overexcitabilities?
- Describe your experiences or questions about dynamisms.
- What role models, to you, exemplify secondary integration?
- Describe your first time experiencing unilevel disintegration.
- What would improve the Dabrowski Congress going forward?
- In what areas do you have higher levels of drive? Lower levels?
- What games and toys positively impacted your development? Why?
- What tensions do you experience when you do not live up to your ideals?
- Describe a time you felt shame or guilt and changed/didn't change your behaviors.
- Have you shared information about the Theory with others? Why? How? Why not?
- What books impacted your development? How? Young Adult? Fiction? Non-Fiction?

