

## Exit Questions

The following questions are designed to get your feedback about what you liked and didn't like about the group so that we can make future groups better. Please answer the questions as honestly as you can.

1. What were the good parts about coming to group?
2. What were the bad parts or hassles of coming to group?
3. If you missed a group session, what would have changed your mind about coming or would have made it easier for you to come?
4. How helpful were the group leaders?
5. What suggestions do you have for future groups?
6. Would you recommend this group to a friend of yours who was dealing with a lot of stress?