

JON AND TIM FOREMAN

DISCUSSION QUESTIONS



Want to share your natural high with Jon Foreman? Tweet him @JonForeman with #LiveNaturallyHigh. He might tweet back!

1. How are art and music outlets helpful for exploring things we don't understand?
2. Jon says that music allows the sharing of feelings and offers a chance to connect to others. How do you share your feelings and connect with others?
3. What do you think Jon means by the phrase inverse peer pressure? Do you ever experience it?
4. Tim talks about surrounding himself with people that help him stay engaged in what's important. Describe the power of friendship and peer pressure.
5. Jon says that drugs and alcohol numb pain and don't offer a true escape - we need to work through pain. He suggests seeking out a counselor or a friend. Who can you go to?



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