

# SWITCHFOOT

## DISCUSSION QUESTIONS



Want to share your natural high with Switchfoot? Tweet them @switchfoot with #LiveNaturallyHigh. They might tweet back!

1. Chad talks about his approach to life and how it includes waking up and knowing this could be the best day of his life and that he wants to make the most of each day. Do you ever wake up with that feeling? Do you want to wake up with that feeling?
2. Jon says that it's not about saying no to drugs but saying yes to the alternatives. Do you feel pressure to say, "No" to things in life? How do you say, "No?"
3. What do you want to say, "Yes" to?
4. Decisions create a path in your life. What decisions have you made so far that have impacted your life in a good way? Why?
5. Drew talks about people using drugs to escape problems and that drugs are like a mask. Do you ever feel like you need to escape or mask your problems? Explain. How do you solve your problems?
6. Sometimes being a part of the band helped the members to say no because they had each other to lean on. Do you have someone to lean on that you can say, "No" with?
7. Chad talks about not risking being at your best? Are there things you've done that have risked you being at your best? Has it changed your behavior since then? If so, how?



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