

Feelings Conversation Questions

Warm-up Question:

How do you feel today?

Discussion Questions:

1. Are you a sensitive person? Are you more emotional or less emotional than other people? What makes you think so?
2. Can you control your emotions well? How?
3. When are emotions a problem?
4. What is a *crime of passion*? Can you understand why feelings could cause someone to commit a crime?
5. Are you generally a positive person or a negative person?
6. Do you find it easy to explain your feelings to another person? If not, why is it difficult?
7. What makes you feel very good?
8. Is there a limit to how often we can feel good? In other words, if you feel good now, does that mean you will feel bad at some time later?
9. Is sadness a bad feeling? Are there good types of sadness and bad types of sadness? Give an example if you can.
10. What makes you feel sad?
11. If you're feeling down, how can you make yourself feel better?
12. What is the saddest movie, song, or story that you know?
13. What makes you feel nervous? How can you calm your nerves?
14. Are you excited about anything coming up in the near future?
15. Have you felt satisfied recently? What made you feel that way?
16. Do people know how you feel by looking at your face? Are you good at hiding your emotions?
17. What is the best way to deal with feelings of anger?
18. When do you feel most energized? What do you like to do with that energy?
19. Have you been in love? What is it like to be in love?
20. Which is more powerful between feelings of love and feelings of hate?
21. Can you read another person's emotions? Can you easily tell how other people are feeling? How useful is this ability?
22. What is *emotional intelligence*? How emotionally intelligent are you?
23. Are women more emotional than men? Or is that just a stereotype?

