

## Expressing difficult emotions

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How are you at expressing difficult emotions such as anger, sadness and fear with your partners or friends? And what about listening to others express their strong emotions? How can we stay present to either other in this process. Here are some questions on this:

1. Do you agree or disagree: It's never okay to feel angry!
2. Do you agree or disagree: If you feel sad, there is something wrong with you!
3. Do you ever have big mood swings? Describe what they're like.
4. Have you ever been confused about your feelings -like you knew you were feeling a strong emotion, but you didn't know what?
5. Have you ever said you were feeling one thing when, really, you were feeling something else?
6. Do you think it's important to understand what it is you are feeling? Why? What can happen if you don't?
7. Do you think there's something wrong with you if you don't always feel wonderful? Is it okay to sometimes feel blue? Why, or why not?
8. Are some emotions more difficult to express than others? Which are they? Why are they hard to express?

More questions at:

<http://www.goodcharacter.com/BCBC/Emotions.html>