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?

