

WHAT ARE THE TYPICAL PHYSICAL SIGNS OF ANGER IN YOUR BODY?



LIST THREE SITUATIONS THAT TRIGGER ANGER IN YOU.



IDENTIFY AND DESCRIBE A SITUATION IN WHICH YOU FELT ANGER BUT DIDN'T EXPRESS IT DIRECTLY.



WHAT ARE THE POSITIVE AND NEGATIVE CONSEQUENCES OF EXPRESSING ANGER?



WRITE A LETTER TO THE PERSON WHOSE ACTION CAUSED YOU ANGER. EXPRESS YOUR FEELINGS IN A CONSTRUCTIVE MANNER.



WHAT ARE DIFFERENT WAYS OF EXPRESSING ANGER? LIST AT LEAST FIVE.



WORK ON A SCRIPT IN WHICH YOU EXPRESS YOUR ANGER ASSERTIVELY, NOT AGGRESSIVELY.



WHAT COPING STRATEGIES FOR ANGER HAVE BEEN MOST EFFECTIVE FOR YOU IN THE PAST?



USE DEEP BREATHING TECHNIQUE TO ALLEVIATE ANGER. DESCRIBE YOUR EXPERIENCES.





HOW CAN YOU TRANSFORM ANGER INTO SOMETHING POSITIVE?



WHAT BELIEFS AND THOUGHTS CAN LEAD TO AN INCREASED SENSE OF ANGER?



CONDUCT SELF-REFLECTION ON HOW YOUR ANGER AFFECTS OTHERS. WHAT ARE THE CONSEQUENCES OF IT?



WHAT ARE THE DIFFERENCES BETWEEN CONSTRUCTIVE AND DESTRUCTIVE EXPRESSION OF ANGER?



THINK ABOUT A SITUATION WHERE YOU FELT ANGER BUT CHOSE A DIFFERENT RESPONSE INSTEAD OF REACTING WITH ANGER. HOW DID YOU DO IT? WHAT WERE THE EFFECTS?



WHAT RELAXATION TECHNIQUES CAN HELP IN MANAGING ANGER?





DESCRIBE A SITUATION IN WHICH YOU EXPERIENCED INTENSE FEAR. WHAT CAUSED THIS FEELING?



HOW DOES FEAR MANIFEST ITSELF IN YOU? ARE THERE ANY SPECIFIC SIGNALS THAT INDICATE IT?



ARE THERE SPECIFIC STRATEGIES YOU USE TO REDUCE THE SENSE OF FEAR?



HOW DOES FEAR AFFECT YOUR RELATIONSHIPS WITH OTHERS?



HOW DOES YOUR THOUGHT PROCESS CHANGE WHEN YOU FEEL FEAR?



WHAT PHYSICAL SYMPTOMS ACCOMPANY YOU WHEN YOU EXPERIENCE FEAR?



ARE THERE PEOPLE OR THINGS THAT HELP ALLEVIATE YOUR FEAR?



HOW DO YOU COPE WITH SITUATIONS THAT TRIGGER INTENSE FEAR IN YOU?



CAN YOU IDENTIFY WHAT MOST OFTEN TRIGGERS A SENSE OF FEAR IN YOU?





**HOW DOES FEAR AFFECT YOUR DAILY
FUNCTIONING AND DECISION-MAKING?**



**HAVE YOU EVER EXPERIENCED FEAR THAT
SEEMED DISPROPORTIONATE TO THE
SITUATION?**



**CAN YOU COMMUNICATE YOUR FEELINGS
OF FEAR TO OTHERS?**



**WHAT STEPS COULD YOU TAKE TO
REDUCE THE FEELING OF FEAR IN THE
FUTURE?**

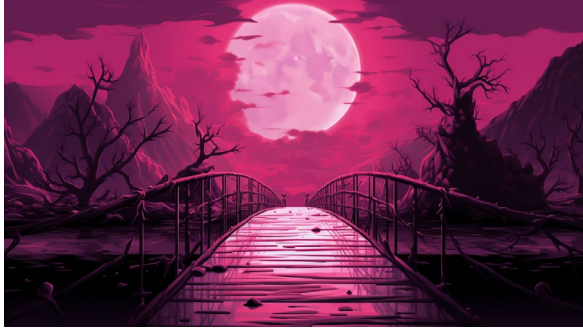


**DOES FEAR HAVE AN IMPACT ON YOUR
PRODUCTIVITY OR CREATIVITY?**



**WHAT SMALL CHANGES IN YOUR DAILY
LIFE COULD HELP YOU BETTER COPE WITH
FEAR?**





DESCRIBE A SITUATION IN WHICH YOU FELT HAPPY. WHAT BROUGHT ABOUT THAT JOY?



HOW WOULD YOUR DAY LOOK IF YOU WERE FILLED WITH JOY?



HOW DO YOU COPE WITH AN EXCESS OF HAPPINESS?



WHAT DO YOU DO WHEN JOY IS LACKING? HOW DO YOU REDISCOVER THAT FEELING?



HOW DO YOU EXPRESS HAPPINESS? HOW DOES YOUR EXPRESSION OF JOY AFFECT OTHERS?



HOW DOES HAPPINESS IMPACT YOUR PRODUCTIVITY AND CREATIVITY?



WHAT ROLE DOES JOY PLAY IN YOUR LIFE?

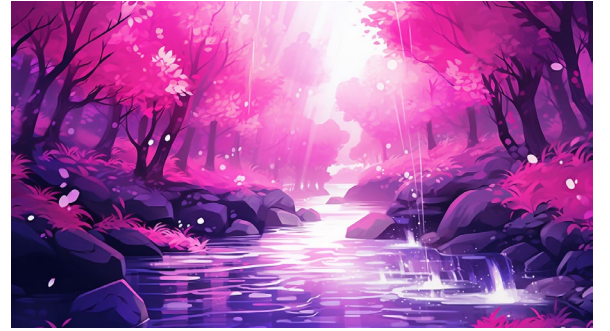


WHEN WAS THE LAST TIME YOU SHARED YOUR JOY WITH OTHERS? HOW DID IT INFLUENCE YOUR RELATIONSHIPS?



WHAT MAKES JOY IMPORTANT TO YOU? HOW DOES IT AFFECT YOUR WELL-BEING AND THE WELL-BEING OF OTHERS?





WHAT ACTIVITIES, HOBBIES, OR INTERESTS BRING YOU THE MOST JOY?



CAN YOU FIND JOY IN DIFFICULT SITUATIONS? IF SO, HOW DO YOU DO IT?



WHAT ARE YOUR FAVORITE WAYS TO EVOKE JOY IN OTHERS?



ARE THERE MOMENTS WHEN YOU SUPPRESS YOUR JOY? WHY DOES IT HAPPEN, AND HOW DOES IT AFFECT YOU?



HOW DOES THE IMPACT OF JOY FROM ONE AREA OF YOUR LIFE TRANSFER TO OTHER ASPECTS?



WHAT INFLUENCE DOES JOY HAVE ON YOUR HEALTH? DO YOU NOTICE A DIFFERENCE IN YOUR PHYSICAL WELL-BEING WHEN YOU ARE JOYFUL?





DESCRIBE A SITUATION WHEN YOU LAST FELT SADNESS. WHAT CAUSED THIS STATE?



WHAT ARE THE SIGNS THAT INDICATE YOU ARE STARTING TO FEEL SAD?



WHAT PHYSICAL SYMPTOMS ACCOMPANY YOU WHEN YOU EXPERIENCE SADNESS?



DO YOU HAVE SPECIFIC STRATEGIES THAT HELP YOU DEAL WITH SADNESS? IF YES, WHAT ARE THEY?



HOW DOES YOUR ENVIRONMENT AFFECT YOU WHEN YOU ARE SAD? ARE THERE PEOPLE AROUND YOU WHO HELP YOU COPE WITH THIS FEELING?



HOW DO YOUR THOUGHTS AND PERSPECTIVE CHANGE WHEN YOU ARE SAD?



DOES EXPERIENCING SADNESS HAVE ANY IMPACT ON YOUR RELATIONSHIPS WITH OTHERS?

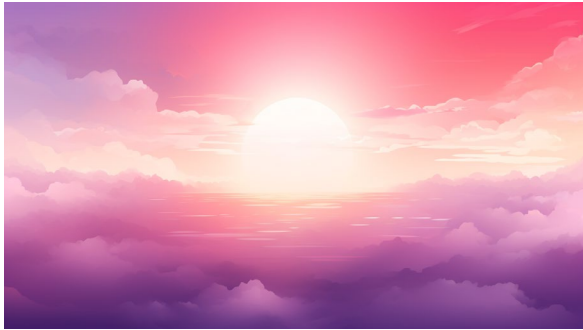


CAN YOU FIND ANY VALUE OR MEANING IN EXPERIENCING SADNESS?



HOW DO YOU COPE WITH PROLONGED SADNESS OR GRIEF?





HAVE YOU EVER FELT THAT YOUR FEELING OF SADNESS WAS DISPROPORTIONATE TO THE SITUATION?



WHAT ARE THE SITUATIONS THAT MOST FREQUENTLY TRIGGER SADNESS IN YOU?



CAN YOU COMMUNICATE YOUR FEELINGS OF SADNESS TO OTHERS?



ARE THERE SPECIFIC PEOPLE OR THINGS THAT HELP ALLEVIATE YOUR SADNESS?



IS THERE SOMETHING THAT ALWAYS IMPROVES YOUR MOOD WHEN YOU ARE SAD?



WHAT SMALL STEPS COULD YOU TAKE TO FEEL RELIEF WHEN YOU ARE SAD?



