

Emotion Discussion Squares

<p>Do you think our coping mechanisms for dealing with emotions are learned or are they innate? Why?</p>	<p>Why or how do teens differ from adults in terms of emotions?</p>	<p>Provide examples how you use body language to illustrate specific emotions.</p>	<p>How are thoughts and feelings connected?</p>
<p>Do you think it is a parent's job to teach his/her child how to deal with emotion? Why or why not?</p>	<p>How important are facial expressions when interacting with an individual? Explain why.</p>	<p>Why do advertisements rely heavily on emotions? Use examples to support your opinion.</p>	<p>If emotions are universal, why do we feel so alone at times?</p>
<p>Are you more of a "thinker" or a "feeler"? Explain your reasoning.</p>	<p>Do you think that feeling occurs before thought? Why or why not?</p>	<p>How much power do emotions have over your daily life? Explain.</p>	<p>Do you deal with emotions in a similar way as your family members do? Explain.</p>
<p>Do you think males and females experience emotion differently? Why or why not?</p>	<p>What emotions seem to be typical of people your age? Why?</p>	<p>Do you think pets can sense emotion? Why or why not?</p>	<p>Who is the most emotionally intelligent individual that you know. Explain your response.</p>