



# Reflection Questions

 **1. What comes to mind when you hear the word "emotions"?**

You can write down a word, a feeling, a memory—or anything else that shows up.



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 **2. Do you feel like your emotions are something you can trust right now?**

Why or why not?



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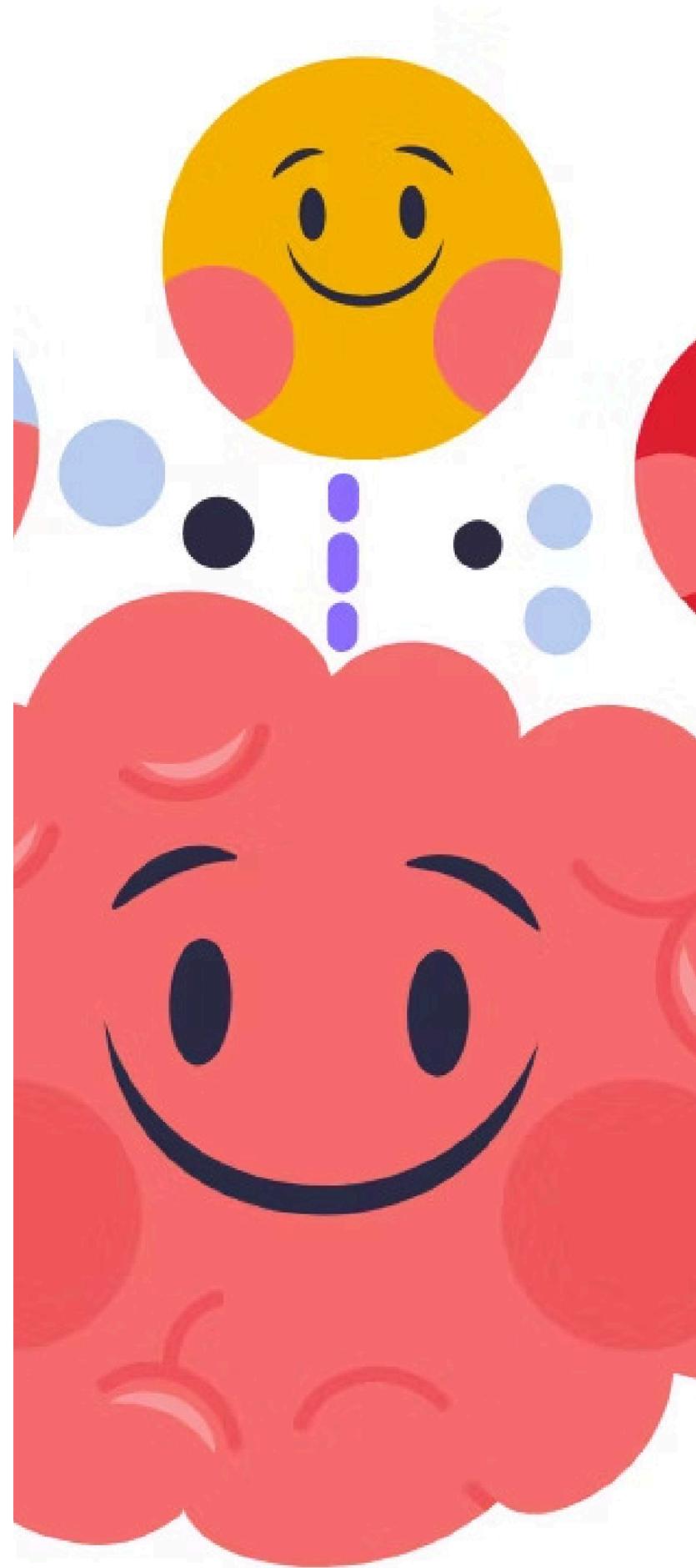
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### 3. When emotions feel big or confusing, what do you usually do?

(There are no wrong answers—just notice your patterns.) \_\_\_\_\_

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### 4. What were you shown or taught about emotions growing up?

What messages did your family, school, or community send about how you should feel or express your emotions?



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### 6. Write a short note to yourself before you begin.

 *You might write something like:* "Be gentle with yourself. It's okay if this brings up big feelings. You don't have to 'get it right'—just stay curious." or "I'm allowed to take my time. Learning about emotions is a process, and I will treat myself with kindness along the way."

 Dear me,

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