

How do you feel when...?

- Tell me about a situation when you felt this way.
- What was your reaction?
- Were you happy about your reaction?
- Could you react differently in the future?
- How?
- What can you do to feel better in such a situation in the future?
- Imagine your friend was in such a situation. What would you advise him/her to say/do?
- Why is it so difficult to talk about our feelings?