

Exercise 1 - APPENDIX 2**REFLECTION QUESTIONS**

Everyone thinks about the reflection questions attached to each emotion:

Happiness

- For me, being happy means ...
- When I am happy I behave ...
- Give an example of what makes you happy.

Anger

- For me, being angry means ...
- When I am angry, I express it by ...
- Give an example of what makes you angry.

Sadness

- For me, being sad means ...
- When I am sad, I show it by ...
- Give an example of what makes you sad.

Fear

- For me, being afraid means ...
- When I am afraid, I behave / I do ...
- Give an example of what makes you afraid.

Surprise

- For me, being surprised means ...
- When I am surprised, you can see it because I ...
- Give an example of when you've been surprised.

Disgust

- For me, being disgusted means ...
- When I feel disgusted, I behave ...
- Give an example of when you've been disgusted.