

**axis**



**A CONVERSATION KIT ON**

# **TEEN EMOTIONS**

# EMOTION

## EP 1: An Emotional God

Why do we have emotions in the first place?

Give examples of God expressing emotion:

How does the idea of an emotional God make you feel?

## EP 2: The Pursuit of Happiness

What do you think it takes to be happy?

Define hyper-emotionalism:

Define stoicism:

"...Success, like \_\_\_\_\_, cannot be \_\_\_\_\_; it must \_\_\_\_\_, and it only does so as the unintended \_\_\_\_\_ of one's personal dedication to a \_\_\_\_\_ greater than oneself or as the by-product of one's surrender to a *person* other than oneself." - Victor Frankl

## EP 3: Anger & Sadness

Why would someone who loves get angry?

Give some strategies for conflict resolution:

Turning toward our \_\_\_\_\_ is \_\_\_\_\_. But in fact, the heart of Christianity is that the way to \_\_\_\_\_ is through \_\_\_\_\_, the pathway to \_\_\_\_\_ is through \_\_\_\_\_."

– *Emotionally Healthy Spirituality*

## EP 4: Redux

Where is home to you?

Define trigger warnings:

Define safe spaces:

What makes trigger warnings and safe spaces problematic?