

Name _____

Exploring the Maze of Emotions

Multiple Choice Questions

1. What is one of the first steps in understanding your feelings?
 - a) Ignoring your emotions
 - b) Identifying and labeling your emotions
 - c) Running away from your feelings
 - d) Suppressing your emotions

2. How can mindfulness and meditation help you understand your emotions?
 - a) By ignoring your emotions
 - b) By making you forget your emotions
 - c) By becoming more aware of your emotions in the present moment
 - d) By suppressing your emotions

3. What can you do to express your emotions through creativity?
 - a) Avoid all creative activities
 - b) Write them down in a journal
 - c) Talk to someone you trust
 - d) Paint a picture

4. How can self-reflection and self-compassion aid in understanding emotions?
 - a) By being overly critical of yourself
 - b) By avoiding self-reflection
 - c) By acknowledging that it's okay to have a range of emotions and understanding where they come from
 - d) By suppressing your emotions

5. When should you consider seeking professional help for understanding and managing your emotions?
 - a) Never
 - b) Only if you have no friends or family to talk to
 - c) If you find it challenging to understand or manage your emotions
 - d) If you want someone to do it for you

