

Name \_\_\_\_\_

## Embracing the Roller Coaster of Emotions: Is It Okay to Have Both Positive and Negative Feelings?

### Open-Ended Response Questions

1. Reflect on your own experiences with positive and negative emotions. How have they contributed to your personal growth and well-being?
2. Discuss the concept of emotional balance and why it is important for overall mental health. Provide strategies you would recommend to someone striving to achieve this balance.
3. Consider a situation where you or someone you know faced a significant challenge or loss. How did the experience of negative emotions like sadness or anger contribute to coping with the situation and moving forward?
4. Share a personal story of a time when acknowledging and accepting your emotions led to a positive outcome in your life.

