

Name _____

Mixed Emotions: Why Do I Feel Different Emotions at the Same Time?

Open-Ended Response Questions

1. Think about a recent event where you felt a mix of emotions. Describe the situation, the emotions you experienced, and how you handled them. Reflect on what you learned from this experience.
2. Imagine you have a friend who is struggling to understand their mixed emotions about starting a new school. What advice would you give them to help them cope with their feelings and embrace the complexity of their emotions?
3. Discuss a time when you felt a blend of emotions that seemed contradictory at first but made sense upon reflection. How did you eventually reconcile these conflicting emotions?
4. Share a personal story about a moment when you experienced a rapid shift in emotions. What triggered this change, and how did you react to it? How did it impact your day or the situation you were in?

