

STRONG EMOTIONAL RESPONSES: A REFLECTIVE EXERCISE

Consider the following questions while reflecting on your experiences at Knox. Think about a time when you felt a strong emotion because of something someone in class or on campus said (or didn't say), wrote, or communicated non-verbally.

1) What specifically happened that elicited a strong emotional response? Why do you believe the strong emotional response occurred?

2) How did you internally respond to the situation? How did you externally respond to the situation?

3) Looking back, do you wish that you had responded differently? How would you have responded?

4) What strong emotional responses do you feel most often? How do you react to them?

5) How do you hope to handle strong emotional responses in the future?