

# Conversation Starters about Emotions

1. Growing up, I was told that expressing or showing my emotions was...
2. As adult, this is what I believe about showing my emotions is
3. The easiest emotion is for me to express openly is....
4. The most difficult emotion for me to express openly is ...
5. One time when I thought I needed to hide how I felt was....
6. Growing up, one message I received about sadness/ crying was...
7. The messages I give to my children about crying is....
8. The message that I give/ will give to my sons about expressing emotions.....
9. The messages that I give/ will give to my daughters about expressing emotions are.....
10. One time I expressed my emotions in a way that showed I respected my partner was when...
11. One time I expressed my emotions in a way that was abusive/disrespectful to my partner was when...
12. One way I can model for my children how to express my emotions in a healthy, respectful way with their mother is....
13. One time when I expressed my emotions in a way that was disrespectful /abusive towards my partner it taught my children...