

## MODULE 7

# PostSession Discussion Questions

Use these discussion prompts to guide your reflection on the content of this module, the skills and strategies learned, its relevance to your own life, and your personal experiences with this module's content.

With that in mind, these prompts are intended to be completed **at least 1 week after** completing the information part of the module, and **after you have had some time to practice**. This should give you enough time to evaluate the usefulness of this module for you right now, in this moment of your life, to strengthen your well-being.

In addition, these discussions are intended to be done with your **practice partner** or **school team** (depending on your building's ARC implementation model). We encourage your partner and/or team to practice EOARS for good listening to help keep the discussion supportive:

**E = Empathy statements** (e.g., you're in a tough spot, you're doing what you can, I totally agree)

**O = Open-ended questions** (e.g., how, what, tell me how, in what way)

**A = Affirmation** (genuine confidence boosters, e.g., You have great insight, you are a determined person, great suggestion)

**R = Reflection** (repeat or rephrase to understand, e.g., So you feel..., it sounds like..., do you mean....)

**S = Summary** (special reflection that emphasizes change, e.g., so [brief summary] and that's helping you feel better, right?)


## Knowledge Check Questions (Completed during/immediately after the module)

1. How would you define an emotion in your own words? What value do emotions serve?

## MODULE 7

# PostSession Discussion Questions

2. What does it mean to accept your emotions? What are some strategies for doing so?



3. What's the difference between reframing your thoughts and defusing them?



## Post Session Discussion Questions (completed 1-4 weeks after module & before the next module)

1. Describe a time that your emotions were trying to give you important information? What clues did your body give you?



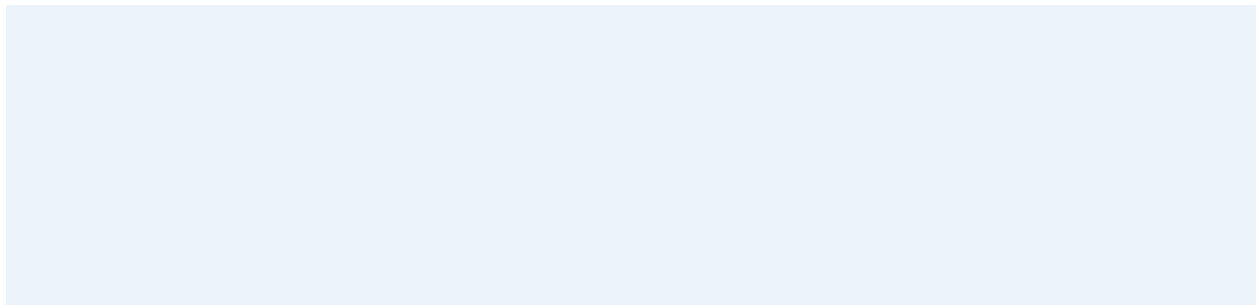
## MODULE 7

# PostSession Discussion Questions

2. Which of the emotion regulation strategies felt best for you? Had you tried any of these things before the training? Which do you think you'll continue to use?



3. Think about a time recently that your emotions started to get the best of you. What steps did you take to get back in the driver's seat?



4. Between thought reframing and thought defusion, which felt better for you? Or do you think that might vary depending on the thought or context?

