

Name _____

Emotional Toughness Handout

- **Emotional Flexibility**
 - Define productive and unproductive states of emotion

 - What emotions make you unproductive?

 - Why are emotions so important?

 - Who is responsible for your emotions?

- **Emotional Responsiveness**
 - What are some positive responses students when you face unpleasant or unproductive emotions?

 - Give an example of a time you took responsibility for creating a positive emotional response. (Explain the situation, emotions involved and how you took responsibility to make it positive)

 - How did this impact you and those around you?

- **Emotional Resiliency**
 - Look up the definition of resilience and come up with a working definition with your group

 - What is a situation you have had to show resiliency in your own life?

- How has this situation made you more responsible and resilient?

- **Emotional Strength**

- How do people develop a never-quit attitude?