

Exploring Emotions: A Mindfulness Guide to Understanding Feelings

ANTICIPATION GUIDE

DIRECTIONS

- Before you read the book, read each of the statements and place a check next to “agree” or “disagree” in the BEFORE column.
- Compare your opinions with a partner’s opinions and discuss your reasons for agreeing or disagreeing.
- After you read the book, read the statements again and place a check next to “agree” or “disagree” under the AFTER column. How has your thinking changed?

BEFORE Reading		Statement	AFTER Reading	
<i>agree</i>	<i>disagree</i>		<i>agree</i>	<i>disagree</i>
		Mindfulness is useful to understanding emotions.		
		Exploring emotions is not important.		
		Perseverance is continuing at something even when it is difficult to finish or accomplish.		
		Everyone gets scared at times.		
		Don't ever admit that you are scared or afraid.		
		Having sad or angry feelings is normal.		
		Unpleasant feelings will eventually go away.		