

## VOCABULARY

- \***Disavow** – to deny or reject
- \***Appalling** – so bad or unpleasant that it shocks you
- \***Cynicism** – the belief that people always act selfishly
- \***Deft** – skillful or expert

## COMPREHENSION

1. What tactics do people use to avoid processing emotions?
2. How can ignoring our emotions hurt us in the long run?
3. What is an atmosphere conducive to processing your emotions?
4. What are reasons we fail to know ourselves?

## LET'S TALK

1. We often find ways to avoid processing our emotions, whether it be through distraction with things like social media and exercise. What are ways we can recognize this avoidance and improve how we face our emotions?
2. How well do you know yourself?
3. Do you ever ignore your emotions? What about other people's emotions?