

Questions for Reflection

E44: Why Can't You See My Scars?



1. What are your emotional scars?
2. Do you ever have irrational thoughts? How long does it take you to recognize them as irrational? What do you do then?
3. When you discover a friend's emotional scars, how do you react?
4. When someone has an opinion that is, to you, obviously wrong, what is your initial reaction to that person (internal or external)?