

Name: \_\_\_\_\_ Date: \_\_\_\_\_ Hour: \_\_\_\_\_

### 1 - ABC's of Emotional Intelligence

1. What internal assets do you depend on to help you through difficult situations? Tell about a time when you had to rely on these assets.

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2. Teens go through physical and emotional changes as they grow. What are the most significant changes you see in yourself over the past five years?

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3. Why is it often hard for parents to accept their children's growth toward independence?

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4. Do adults understand the stresses teens face today? How can you help to increase their awareness?

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5. What are the three most serious pressures facing you now or in the future? How well do you cope with these pressures? What else might you do to help you cope?

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6. In the program, Sonya has frequent arguments with her boyfriend and feels pressured by Cheryl's problems. What steps can she take to be less overwhelmed by these relationships?

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7. Why is a personal support system important? How can you build a system for yourself?

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8. Conflicting demands cause problems for many people. How do you set your priorities? How can you balance them to keep your life stable?

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9. How strong would you say your character is? How does your character affect your relationship with your peers? With adults?

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10. Have you ever had to decide whether or not to tell about a friend's problem behavior? What did you do, and why?

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