

Narrow Reflections:

- What beliefs and values of self do you subscribe to...do you even know?
- What is one of your parent's worst traits that you feel you've taken on?
- Do you compare yourself to others, if yes how, if NOT, why not?
- Do you care more about what other people feel/perceive you or about how you feel/perceive about yourself?
- What type of person do you feel comfortable around and why?
- Do you feel comfortable in your own skin? Explain...
- Are you glad you were born into the 'race' you were born into? Why or why not? And has this always been true?
- If you are a women, what do you think is best about being a woman? If you are a man what do you think is best about being a man?
- Do you feel like you constantly have to justify your existence or like you belong?
- Do you usually initiate friendships with others or do you wait for them to extend themselves towards you? How does that make you feel about yourself?
- How would you like people to describe you at your funeral?
- How do you handle rejection? Explain...
- How would you describe your role in your family?

- Do you feel like people in your life know who you are? And what don't they know?
- Did you ever had an experience with a bully, if yes how did it affect you?
- What do you like most about your personality?
- Change something about yourself, what is it?
- Are you result oriented, if so if not how does that affect other's perception of you?
- In conversations, do you listen to reply or do you listen to understand?
- How do you balance your life?

Broad Reflections:

- What beliefs and values of self & of others do you subscribe to & why? Do you even know?
- What is your favorite kind of person? Describe them in one paragraph.
- What do most of your friends have in common or are they all very different?
- In general how do you feel about race?
- What 'race' other than your own do you have the most respect for, and why?
- What 'race' different from your own do you have the least respect for?
- If you had to be born multiracial what 'races' would you want to be, and why?
- How do you feel about a president that was single? How would this affect society?
- How do you feel about a gay or lesbian president?
- Do you consider yourself to be a judgmental person? Explain...
- What are the most annoying things people do, why does that make you tick, and can you find a way to accept their behavior(s)?
- What is emotional intelligence and what does that look like in your community/school?
- In your experience, how do children handle stressful situations and how do adults handle stressful situations...what are the similarities if any?
- Does body language matter to you?