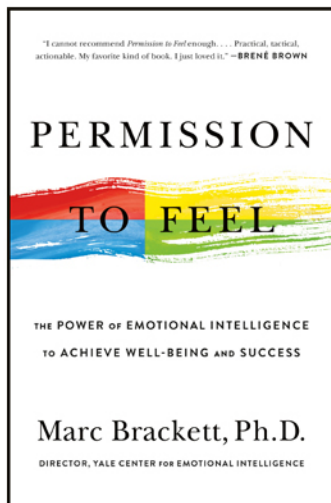




CELADON  
BOOKS

# PERMISSION TO FEEL BY MARC BRACKETT, Ph.D.

## Discussion Questions



1. When in your life have you been denied or granted the permission to feel?
2. The author makes the case that “emotions are information,” influencing our attention, memory, learning, decision making, relationships, health, and creativity. How do emotions affect each of these areas in your life, in both good and bad ways?
3. The skill of understanding emotion may be the hardest to acquire. Why is that?
4. Both our biological hardwiring and our surroundings affect how our emotions and emotional intelligence develop. What was your emotional upbringing like?
5. Many people hide their unhappy or unpleasant emotions and pretend to be happy when they are not. What emotions are you most comfortable expressing? The least comfortable expressing?
6. The author introduces the terms “emotion scientist” and “emotion judge” to describe our openness vs. closedness to emotions. When in your life are you an emotion scientist or judge?
7. The author also describes helpful vs. unhelpful emotion regulation strategies, such as negative vs. positive self-talk, and blaming vs. cognitive reframing. Which of these do you already use? Which strategies might you want to hone?

“WE OFTEN CREATE A FALSE DICHOTOMY BETWEEN THINKING AND FEELING. IN THIS DICHOTOMY, THINKING IS IMPORTANT, STRONG, AND ADAPTIVE, BUT FEELING IS NOT. MARC BRACKETT SHOWS US HOW EMOTIONS AND OUR ABILITY TO FEEL, UNDERSTAND, AND USE THEM ARE KEY TO FULFILLING OUR POTENTIAL.”

—CAROL DWECK,  
AUTHOR OF *MINDSET: THE NEW PSYCHOLOGY OF SUCCESS* AND  
PROFESSOR OF  
PSYCHOLOGY,  
STANFORD UNIVERSITY

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