**Emotional Intelligence**

**(Video Clip Discussion Questions)**

1. Do you agree with what is said in the video (females are often unaware of their true emotions because they’ve been trained not to accept them)?
2. Whether you’re male or female, do you feel your family has trained you to express your emotions? Explain
3. Have you ever given a brief answer to a question, such a “fine”or “sure”, when there is much more to say?
4. What do you think are the consequences of not having those emotions explained?
5. Do you think there are any consequences for females verbalizing their emotions? What do you think those consequences are?