**Edith Eva Eger**

**Video Clip Discussion Question**

“No one can take what you put in your mind”

1. Dr. Eger talks about a lot of topics (positive thinking, forgiveness, etc) and shares many stories. What stuck out the most for you?
2. Have you ever been in a situation that has seemed hopeless?
   1. How were you able to pull through?
3. Do you believe that focusing on positive events, even if they aren’t realistic; can help you through tough times?
   1. Why or why not?
4. What are some things you can envision when you feel you are in a tough situation?
5. What do you think are potential dangers of thinking negative thoughts?
6. Do you think living your life to the best of your ability is the best way to get revenge?
   1. Why or why not?