**Me Monster (Brian Regan’s Stand Up)**

**(Video Clip Discussion Questions)**

1. Do you know anyone who has been a “Me Monster”?
2. Describe how it feels to try to have a conversation with a “Me Monster”.
3. Would you classify those experiences as “conversations”? Why or why not.
4. Do you think there is an appropriate way to stop the “Me Monster” from coming out it people with whom you are trying to talk?
5. Do you think you’ve ever been a “Me Monster”? If so, are you conscious that you are doing it?
6. What do you think are some ways to stop yourself from becoming a “Me Monster”?