

Mood and Emotion

Would you describe yourself as generally a happy person? What things or situations tend to make you happy?

Describe a time you were extremely happy or excited.

Is it possible to be happy most of the time in life?

What are some things that trigger anger for you? Do you tend to get angry quickly or does your anger slowly build up?

What strategies do you use to calm down when you're angry? Do you think it's generally better to vent your anger in the moment or maintain a calm and controlled disposition?

Do you feel sad or depressed very often? Are there any particular things that tend to make you feel this way?

Are you prone to becoming anxious or stressed out? What strategies do you use to relax?

Do you often get excited? What makes you excited?

When was the last time you felt envious of someone else?

Do you consider yourself to be a proud person? Are there specific things that give you a sense of pride?

How do you deal with rejection or failure? What emotions do you experience and how do you manage them?

Do you believe you have a strong sense of empathy for others? How do you usually show your support and understanding to others?

Do you come from a family that is passionate and intense or cool and reserved?

How do you feel about expressing your emotions in public? Are you generally a reserved person or do you tend to wear your heart on your sleeve?