Defense Mechanisms: Self Control Processing Questions

- Think of a song that you like that helps you feel calm. What is the song called? What about the song helps you feel calm? What is one line from the song that you can think of and repeat in your mind during pressure situations to help calm down and stay in control?
- What do you think it means to have self-control? What are some things that can help you maintain self-control?
- This song lists several different situations that might make you upset or angry. Choose one of the situations, and explain how you might respond in that situation. Then answer the questions, "What will happen if I do? What will happen if I don't?" Do you think your reaction is a good one?
- What do you think the author of the song means by the phrase, "We are free to choose our actions, but we can't pick our consequence?"

Other discussion questions or ideas: