**“How do YOU Define Yourself” Video Question Guide**

Make a list of what goes through your mind while you watch the video and what went through your mind after you watched the video. Please include the following:

1. What was going on in your mind *AS* you were watching?
2. What was going on in your mind AFTER you watched the video?
3. Try to remember and think back and tell the story of your feelings and thoughts in sequence.  For example, *At first I thought… but then I thought…and then…and so on.*Feel free to include thoughts and feelings that are not about the video.
4. What did you find most memorable about the video?
5. What caught your attention most?
6. What personal experiences might have led to your reactions?
7. In what way were your reactions like or unlike those you expect from family members, friends and teachers?