



Discussion points for: Being judged by others

About this episode:

In this engaging episode of "Chatter Matters," a diverse panel of students and a school counsellor explore the significance of positivity, affirmation, and support in daily life. They discuss their personal experiences and insights on the impact of expressing appreciation and positive feedback to others. The conversation also delves into the value of sharing problems, acknowledging self-worth, and maintaining open lines of communication. Emphasizing the power of even a simple smile, the dialogue illuminates the profound influence small actions can have on individuals' mental well-being. This rich discussion provides a springboard for deeper reflection and conversation.

Discussion prompts

- How can expressing positive affirmations impact personal lives and the lives of those around them? Why might this be significant?
- One participant shares a personal experience of attending a funeral and realizing the importance of expressing appreciation and affirmation to loved ones while they are still alive. What emotions and thoughts did this story evoke? What can be learned from it?
- One speaker discusses the importance of sharing problems instead of keeping them to oneself. Why might this be beneficial? What might prevent someone from seeking help when they need it?
- The discussion includes a point about the power of positive feedback, especially when someone is doubting their abilities. Can any personal examples of this be thought of?
- The dialogue includes a discussion about the damaging effects of failing to recognize self-worth. Why might many people struggle with acknowledging their own value?
- The school counsellor in the podcast suggests the importance of nurturing relationships and practicing initiating conversations. Why might these skills be beneficial in creating a supportive network?
- It is suggested in the podcast that every day should be treated as an "are you okay day." What does this concept mean? How might it be implemented within a school setting?
- One speaker emphasizes the importance of non-verbal communication, like a nod or a smile. How can such simple actions positively affect someone's day?
- In conclusion, the podcast emphasized the importance of not putting oneself down. Why might people often struggle with this, and what strategies could be used to combat feelings of self-doubt?
- After reflecting on the key takeaways from this podcast, how can these insights be implemented in personal life and in relationships with peers and family members?