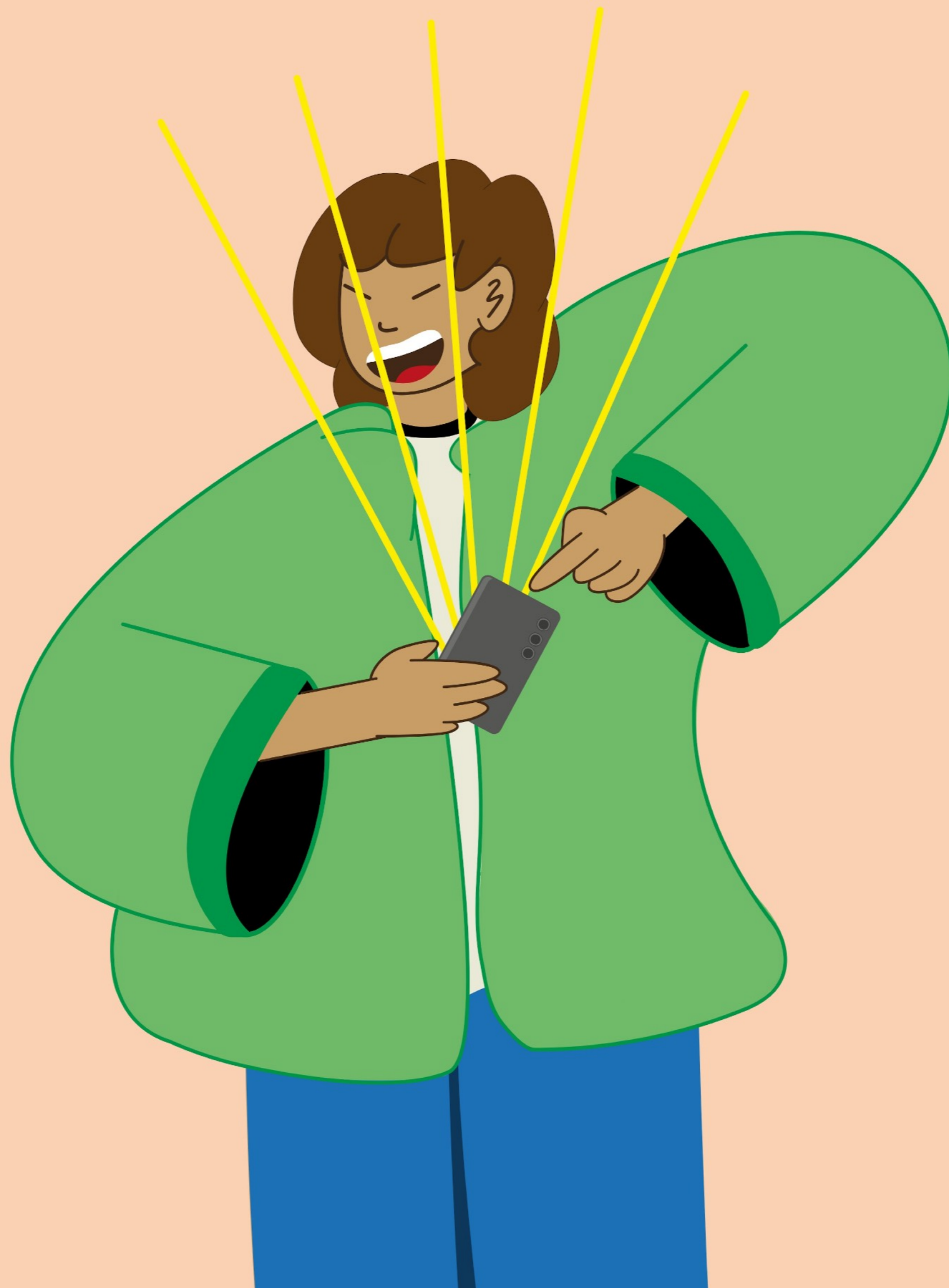


# OPTIMISM

## DISCUSSION QUESTIONS



# A2

1. What is optimism?
2. Can you name a happy movie?
3. Do you feel happy when the sun shines?
4. What color makes you feel optimistic?
5. How do you say “good morning” in your language? Does it make you feel optimistic?
6. What is a happy song that you like?
7. Do you like to smile? Why?
8. Can animals be happy, too?
9. What food makes you feel good?
10. Do you have a favorite happy story?
11. How does rain make you feel?
12. What makes a good day for you?
13. Do you have a lucky number?
14. Who is the happiest person you know?
15. What do you do to feel better when you’re sad?
16. Is there a place that makes you feel happy?
17. What is your favorite season and why?
18. Do you like giving gifts?
19. How do you make friends feel happy?
20. What is something small that makes you happy?

# B1

1. Why is optimism important?
2. How does optimism affect our health?
3. Can optimism change a situation?
4. Do you think animals can feel optimism?
5. How can music influence our mood?
6. What are the benefits of positive thinking?
7. Can you share a story of overcoming difficulty with optimism?
8. How do cultural differences impact optimism?
9. How do you practice gratitude?
10. Is optimism always good, or can it be bad sometimes?
11. How does the weather affect people's moods?
12. What role does optimism play in relationships?
13. How do you stay optimistic during tough times?
14. Can optimism be learned?
15. How do you spread positivity to others?
16. What is the difference between optimism and hope?
17. How do you balance realism and optimism?
18. What book has inspired you with its optimistic outlook?
19. How does helping others affect your own optimism?
20. What does a "glass half full" mean to you?

# B2

1. Discuss the psychological effects of optimism on mental health.
2. How does optimism contribute to achieving goals?
3. Can too much optimism be detrimental? Provide examples.
4. How does society view optimism and pessimism?
5. Discuss the impact of optimism on physical health.
6. How do positive affirmations work? Are they effective?
7. What is the role of optimism in leadership and management?
8. How does optimism influence our perception of failure?
9. Discuss the relationship between optimism and resilience.
10. Can optimism reduce stress? How?
11. How does optimism affect creativity and innovation?
12. Discuss the role of media in shaping our optimism.
13. How does optimism vary across different cultures?
14. What is toxic positivity? How does it differ from optimism?
15. How can one maintain optimism in a negative environment?
16. Discuss the impact of optimism on social relationships.
17. How does future planning relate to optimism?
18. Can optimism improve learning outcomes? Discuss.
19. Discuss the ethical implications of promoting optimism.
20. How does environmental activism benefit from optimism?



# C1

1. Analyze the philosophical underpinnings of optimism.
2. Discuss the interplay between optimism, pessimism, and realism in decision-making.
3. Evaluate the role of optimism in coping with global challenges.
4. Discuss the impact of optimism on recovery from illness and injury.
5. Analyze the effect of optimism bias on personal and professional life.
6. Explore the relationship between optimism and psychological resilience.
7. Evaluate the criticism against excessive optimism.
8. Discuss how optimism can be a strategy in conflict resolution.
9. Analyze the role of optimism in sustainable living practices.
10. Explore the influence of technological advancements on societal optimism.

# C2

1. Critique the concept of optimism in contemporary philosophical debates.
2. Explore the dialectical relationship between optimism and critical thinking.
3. Analyze the sustainability of optimism in the face of existential threats.
4. Evaluate the impact of cultural narratives on the construction of optimism.
5. Debate the ethical implications of optimism in healthcare decisions.
6. Discuss the limitations of optimism in the context of social justice and activism.
7. Analyze the role of optimism in the evolution of human societies.
8. Evaluate the potential of optimism to drive significant social change.
9. Critique the commercialization of optimism through self-help industries.
10. Explore the role of artificial intelligence in shaping future optimism.