

EXPLORING PERSONAL GROWTH WITH THE X-MEN

Explore the X-Men's stories and respond to the following questions. Consider how their personal growth and challenges can mirror our own experiences and journeys.

SCOTT SUMMERS / CYCLOPS



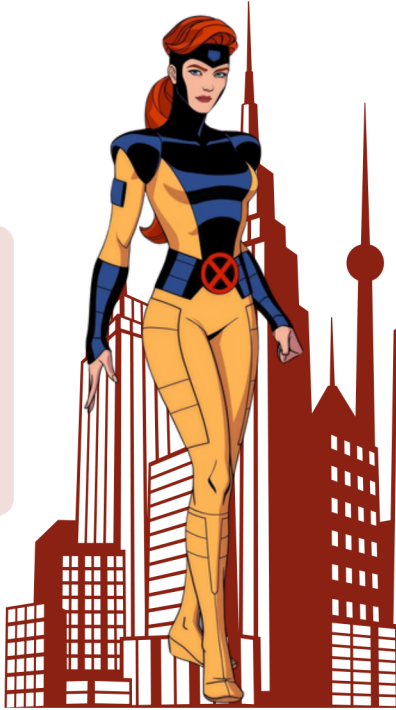
Cyclops is a natural leader who can emit powerful beams of energy from his eyes. He struggles with leading the X-Men in Professor Xavier's absence, questioning his purpose and identity.

1. How does Cyclops seek approval from his team and himself?
2. How do you handle with others' expectations?
3. Have you ever doubted your abilities? How did you overcome that?"

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JEAN GREY



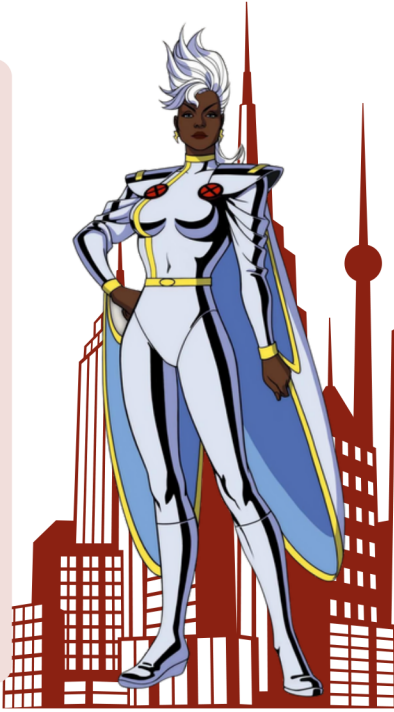
Jean Grey is a powerful mutant with telepathic and telekinetic abilities. Her journey centers on immense power and the fear of losing control, complicating her quest for self-acceptance.

1. What tools does Jean use to reconcile her powers with her sense of self?
2. Reflect on a time when you had to control a strong emotion or impulse. What strategies did you use to navigate that situation?
3. Ever had a trait that's both a strength and a challenge? How do you handle it?

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ORORO MUNROE / STORM



Storm can control the weather, a power that positions her as a vital member of the X-Men. Her leadership and calm demeanor are pivotal in many of the X-Men's victories.

1. How does Storm's power influence her X-Men role?
2. Storm often acts as a mediator. Why is empathy important in understanding others' identities and struggles?
3. The X-Men are Storm's found family. Who is part of your chosen family?

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ROUGE



Rogue has the ability to absorb the memories, powers, and life force of others through touch, a gift that also curses her with isolation, as physical contact can be lethal to others.

1. How does Rogue's power affect her desire for closeness and acceptance?
2. Rogue shows why boundaries matter. Identify your boundaries.
3. Have you ever felt isolated because of something unique about you? How did you cope?