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.



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?"

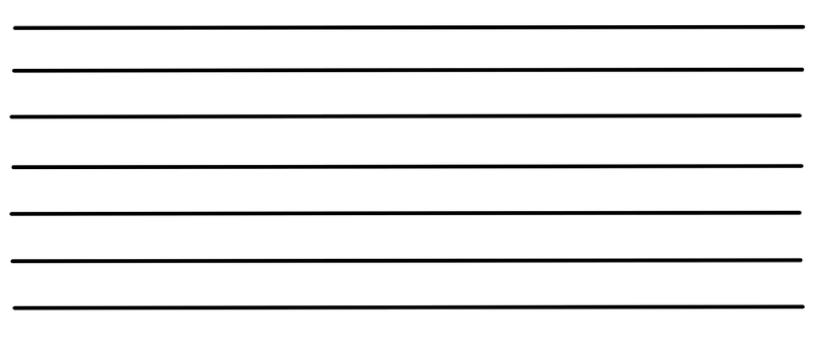
Created by Ariel Landrum, LMFT and Stefanie Bautista, MA

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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 doeas 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?





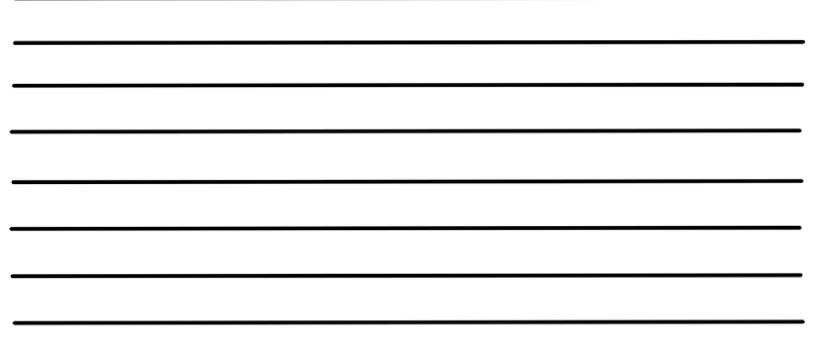


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Storm can control the weather, a power that positions her as a vital member of the X-Men. Her leadership and calm demeanor are pivotal in many of the X-Men's victories.

- 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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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?

