Defense Mechanisms: Hip Hop Processing Questions

- According to the song, "If your feelings get hurt or your face gets slapped, only you choose how you react." In what ways do we let others choose how we react? Why would you not want to let someone else choose how you react?
- When you choose to defend yourself, the song says you can use "hate
 to retaliate," "or show love and motivate." What does "retaliate" mean?
 What does "motivate" mean? Compare the difference of using each of
 these things to defend yourself.
- The song says, "I want to push back that's how I react, But before I do that yo let me step back, I come down to their level when I act like that, If I keep my cool yo I stay where I'm at." What do you think that means?
- In the song it says, "See the truth is we're not that different, A couple days from now you might just be my friend." How can understanding and thinking about that help you to choose positive defense mechanisms?

Other discussion questions or ideas:
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