Labels: Tearing Off My Label Processing Questions

- It's not what people call us that make us who we are. What is it that makes us who we are?
- In the song it says, "Tearing off my label, today my life is new..." If you could start a brand new life tomorrow, what things would you change? What things would you like to keep the same?
- The song says, "Every day I'm going to show them the change is going to last..." Is showing your true self something you have to work at every day? Why or why not?
- The 2nd verse says, "I'm not dumb, I'm not lazy, I'm not bad and I'm not scared. I've been brave and I'm prepared." Do you think it takes bravery to let the real you show? Why or why not?

Other discussion questions or ideas: