

*Explosions of Joy*  
Personal Reflection

Write a short personal reflection to the book by answering one of the following prompts. The answer should be 150-300 words and written in a short response prose format.

- a. Yin writes, "It felt like every single moment I had experienced in my life thus far had prepared me for this exact moment in time" (6). Has there been a moment in your life where you felt like many of your past experiences prepared you for a significant undertaking? Explain.
- b. One thing Paul Yin aspires to do from early on is "pass on the gift of giving." Do you or does someone you know seem to embody this sentiment? Explain your response by offering some specific details/examples.
- c. Paul Yin's friend, Rudy, seems to have incorrigible enthusiasm even when his desired outcome is completely unrealistic. What are the positives and negatives of having a friend like this at your side? Have you ever experienced some "Rudy" moments yourself?
- d. In chapter 4, "Following the Comet," Paul Yin meets Mel. Have you ever encountered a "Mel" in your own life? How did your response compare with Paul Yin's response? Explain your circumstance and how you dealt with an abrasive personality like Mel's. What was your takeaway from your experience? Would you change your reaction if you could?
- e. Chapter 10 is called "Descent Below Visual Glidepath" which is an aviation term used in the official accident report on Asiana 214. It was actually a very simple mistake that the pilot made which resulted in a massive tragedy. The pilot had at first turned the speed too high for landing, then he "overcorrected" and turned it too low. Have you ever experienced anything in your life where you or someone you know made a relatively simple error which made a huge difference one way or another? Have you ever "overcorrected" in the wrong direction?

- f. Someone who plans a career in psychology would probably find Yin to be an inspiring role model. Do you find him inspiring? Why? If not Paul Yin, is there someone else who you find to be an inspiring role model, either as a person or a professional (or both)?