

staying in control

1. What do you usually do in the following situations? Write your answers in Column I.

ACTION	COLUMN I	COLUMN II
a. Being bullied at school	_____	_____
b. Being threatened	_____	_____
c. Being insulted	_____	_____
d. Being teased	_____	_____
e. Being yelled at	_____	_____

2. What is the difference between "being in control" and "being out of control"?

3. What are some character traits of people who are "in control" and people who are "out of control"?

IN CONTROL

OUT OF CONTROL



4. How would an "in control" person respond to the situations listed in question 1? Write your answers above in Column II. How do they compare?

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5. What happens to you when you allow yourself to become angry or depressed? _____

Physically? _____

Mentally? _____

Emotionally? _____

6. If a person saw you acting angry or depressed, would they be seeing the "real" you? _____

Explain. _____

7. What can happen, physically and emotionally, to people who are always out of control? _____

8. What kind of person would you like to be: "in control" or "out of control"? _____

9. What is one thing you are willing to do to take more positive control of your life? _____

