

Who's Got the Power?

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

ACTION

COLUMN I

COLUMN II
(used for Question 4)

- a. Being bullied at school _____
- b. Being threatened in front of your friends _____
- c. Being insulted by a brother/sister _____
- d. Being teased by a friend _____
- e. Someone purposefully stepping on your shoes _____

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? _____



Who's Got the Power?

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? _____

10. What is your plan to ensure you follow through on your commitment? _____

