

SELF-MANAGEMENT

Developing a Healthy Personality



▲ DEVELOPING YOUR SELF-CONCEPT

PART 1 Changing behaviors and attitudes is not easy, but the results are worth it. By completing the following checklist, you may discover behaviors you would like to work on.

| | YES | NO |
|--|-------|-------|
| 1. I am able to accept compliments. | _____ | _____ |
| 2. I pay genuine compliments to others. | _____ | _____ |
| 3. I avoid dwelling on my mistakes. | _____ | _____ |
| 4. I make realistic goals and work to attain them. | _____ | _____ |
| 5. I show compassion for those around me. | _____ | _____ |
| 6. I try to be flexible when circumstances change. | _____ | _____ |
| 7. I am able to laugh at myself. | _____ | _____ |
| 8. I enjoy spending time alone. | _____ | _____ |
| 9. I ask for help when I need it. | _____ | _____ |
| 10. I face problems rather than try to avoid them. | _____ | _____ |
| 11. I am comfortable expressing my opinions. | _____ | _____ |
| 12. I am comfortable expressing my feelings. | _____ | _____ |
| 13. I trust other people. | _____ | _____ |
| 14. I take responsibility for my actions. | _____ | _____ |
| 15. I avoid making excuses for my actions. | _____ | _____ |
| 16. I always give my best effort. | _____ | _____ |
| 17. I enjoy challenges. | _____ | _____ |
| 18. I feel optimistic about the future. | _____ | _____ |
| 19. I do not try to dominate others. | _____ | _____ |
| 20. I accept and appreciate differences in others. | _____ | _____ |

PART 2 Review the statements that have been checked *No*. Write a paragraph describing how you can strengthen your self-concept and develop a more positive attitude. In the paragraph, specify the two behaviors you would like to work on first.

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COMMUNICATION SKILLS

Developing a Healthy Personality

CHAPTER 3

▲ EXPRESSING FEELINGS

Part of developing a healthy personality is increasing your awareness of your thoughts and feelings about yourself, others, and the world. Asking yourself questions such as "Who am I? What do I really believe in? Is this right for me?" helps you to understand not only yourself, but others as well.

PART 1 Take a few moments to get in touch with your own thoughts and feelings by completing the following statements.

1. I would like to be _____
2. One thing I do well is _____
3. I am a person who _____
4. I like people who _____
5. My friends like me because _____
6. I am annoyed when _____
7. Some days I just want to _____
8. One person I admire is _____
9. I wish I could _____
10. Right now I feel _____
11. My favorite time of day is _____
12. I'm afraid of _____
13. Someday I hope I will _____
14. The hardest thing for me is _____
15. I am happiest when _____

PART 2 On the lines below, write three more statements that reflect how you view yourself, others, or the world.

PART 3 Choose two of the statements you wrote in either Part 1 or Part 2. Discuss your statements with a classmate. Then invite your partner to discuss two of his or her statements with you.