

◇ Chapter 17
A Closer Look at You

Relationship Skills

YOUR ATTITUDE COUNTS

The old adage “Behind every cloud is a silver lining” is an example of a positive attitude. A person’s attitude often influences his or her degree of success and enjoyment in life. A positive attitude can further the achievement of personal goals and enhance feelings of self-worth. A negative attitude can interfere with the accomplishment of these objectives.

Directions: Carefully read the scenarios below. Imagine how you would react to each one, and then answer the questions that follow.

Suppose you are looking for a part-time job. At a shopping center near your home, you notice a video store with a “Help Wanted” sign in the window and decide to apply for the job. The job application asks you to list your previous experience working in a retail establishment. You have no previous experience in retail, although you have held a part-time job before.

- 1. How could a positive attitude affect the outcome of this situation? _____

- 2. How could a negative attitude affect the outcome of this situation? _____

- 3. What would you say if a friend in this situation asked for your advice? _____

The social event of the year is approaching. The friend you had planned to go with has called to tell you that he or she will not be able to attend. Most of your other friends already have dates, and you have already bought a new outfit.

- 4. What choices could you make with a positive attitude? _____

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5. What choices could you make with a negative attitude? _____

6. How might your self-esteem affect the choices you make in this situation? _____

Imagine that you and your best friend are auditioning for the same role in the school play. Everyone says that your friend is sure to get the part. He or she is an accomplished actor and also happens to “look the part.”

7. How might this situation encourage a negative attitude? _____

8. What steps could you take to adopt a positive attitude? _____

9. Suppose your friend *does* get the part. How could a positive attitude help in this situation?

Your family has just moved to a new community, and it is your first day of school. You notice that the students are well dressed and drive expensive cars to school. You also notice that they are cliquish.

10. How could you adopt a positive attitude in this situation? _____

11. What might happen if you adopt a negative attitude in this situation? _____

12. How might your self-esteem affect the choices you make in this situation? _____
