

Life Strategies for Teens
Life Law 3: People Do What Works

Due:

Directions: Read “Life Law 3: People Do What Works” of *Life Strategies for Teens* pg. 85-103. Then please think about and answer the following questions on your own paper. Your answers can be typed or hand written. (The answers should show thought and be complete sentences in paragraph form with proper grammar, spelling and punctuation.)

Hold yourself responsible for a higher standard than anybody expects of you. Never excuse yourself. – Henry Ward Beecher

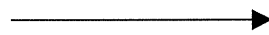
1) Read the following statements and check off any and all that describe you.

- I eat when I am not hungry.
- I lose my temper and argue with my parents and siblings.
- I give in to the demands of others when I know I shouldn't
- I choke under pressure when I'm aiming for my best performance.
- I feel guilty even when I know I shouldn't, and so I respond by making decisions that are bad for me.
- I spend a lot of time taking part in activities I don't really want to do.
- I spend my free time in front of the television when I should be exercising, spending time with my family or friends, or bettering myself somehow.
- I often procrastinate and do not get around to the projects that would make me feel better about myself.
- I talk about people behind their backs and often don't keep when I am suppose to.
- I agree to participate in an activity, but I get cold feet at the last minute and cancel or don't show up.
- I spend more money than I have. Buying things form myself makes me feel good at the time.

2) Now list 5 of the most frustrating and persistent patterns in your life that you don't like, or wish you would quit. In other words, write down anything you do, or any way you act, that makes you later say, “I wish I hadn't been that way.”

3) Here are some examples of common negative behaviors and their payoffs- the reason you do the behavior. Write down 3-5 more of your own negative behaviors and the basic payoff for each one.

Negative Behavior



Payoff

Shyness

No risk of rejection if you reach out

Temper

Releasing tension, anger, or stress

Sarcasm

Don't have to show true emotions

Mediocrity

No pressure to perform

Showing Off

Getting attention from others

Laziness

Don't have to get involved in life

1)

2)

3)

4)

5)

3) Look back up at the list you made of your negative/bad/nasty behaviors. Pick the one that you would like to change the most and answer the following questions.

1. When does this negative behavior happen?
2. How bad is this problem?
3. Why is this behavior bad, and what kind of damage is it doing to you?
4. What is the payoff?
5. What does this behavior give me that I seem to want so much?
6. Does this behavior make me feel accepted, more in control, or grown up? If so, how? Does it actually give me more control, make me more mature, or am I just tricking myself?
7. What risks am I taking with this behavior? Are they worth it?
8. What risks am I avoiding with this behavior?
9. What pain or situation am I avoiding by acting this way? Am I actually avoiding the pain? Is this the best way to deal with it? Am I improving my situation or just avoiding it?
10. Am I trading short-term happiness or fun for longer-term satisfaction or fulfillment? If so, how?
11. Is it important for other people to see me acting this way? If so, what is my payoff for that? Am I proud of my behaviors?
12. Do I behave this way because I believe it's what other people have come to want and expect from me?
13. Does this behavior make my life easier? In what way?
14. Does this behavior make my life better?
15. How have these behaviors made my life worse?