

Life Strategies for Teens

Life Law 4: You Cannot Change What You Do Not Acknowledge

Due:

Directions: Read “Life Law 4: “You Cannot Change What You Do Not Acknowledge” of *Life Strategies for Teens* pg. 105-123. 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.)

de-ni-al \di-'ni-el\ *n*: Hardheaded, stubborn, and immature refusal to be honest with yourself about the stupid, insensitive, self-destructive things you do to jerk yourself around. Unwillingness to acknowledge problems because you wish they weren't there. Refusal to take ownership in whatever is not working for your life. – Jay McGraw

- 1) Look at Jay's definition of denial above. Are you in denial? Explain.
- 2) Answer the following questions concerning your life as truthfully as you can.
 - a. What am I doing to put myself, or allow myself to be, at risk in my life?
 - b. What am I doing that is keeping me from succeeding?
 - c. How am I sabotaging myself in my relationships with parents and other adults?
 - d. What am I doing to miss opportunities that I should be grabbing on to?
 - e. What do I need to change about my personality and behavior patterns?
- 3) Peer pressure is something that we all experience on a daily basis. List 3-5 behaviors that you know you don't want to be a part of but you feel your peers are influencing you to do. Then after the behavior list a comment you should be ready to say the next time you feel the pressure: “I'm not going to do that because ...”

More on Back!

- 4) The following questions not only will help you confront your denial, but will help you make your first steps to get out of your comfort zone.
- a. List 3 things you are most unhappy with about yourself. What do you hate the most about who you are? For example; “My relationship with my parent.”
 - b. How have you contributed to setting your life up that way? Take ownership in what’s happened. For each quality you dislike about yourself, list what you have done to cause that unlikable quality. For example: “I’m not willing to listen to them. I blow up at anything.”
 - c. Now describe what your life would be like if the undesirable aspect of your life was gone. For example, if the relationship was now perfect, you might describe it this way: “I can talk to my parents about my problems. They’d listen to me like an adult and respond like an adult.
 - d. What is something you can do to move toward your perfect situation? For example: “I can refuse to blow up no matter what my parents say.”