

## *Life Strategies for Teens*

### **Life Law 6: There is No Reality, Only Perception**

**Due:**

**Directions:** Read “Life Law 6: “There is No Reality, Only Perception” of *Life Strategies for Teens* pg. 141-153. 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.)

*Whether you think you can or think you can't, you're right.*

-Henry Ford (Inventor of the automobile.)

- 1) Read the above quote from Henry Ford. What do you think he meant by this message?
- 2) Jay mentions several lenses that we can use to view the world through. (They are like sunglasses or contacts that we have in our head that change the way we see things.) Summarize the different lenses.
- 3) Look back at the different lenses. Which one do you primarily see the world through? How does it make your life better? How does it make your life worse?
- 4) We all have preconceived notions about people in general- the tapes that run through our heads. These notions can be positive or negative. Answer the following questions about your tapes.
  - a. What are the things you automatically, reactively feel and believe about members of the opposite sex? (List 3-5)
  - b. What are the things you automatically, reactively, feel and believe about teachers in general? (List 3-5)
  - c. What are the things you automatically, reactively feel and believe about parents in general? (List 3-5)
  - d. Study the lists you made for a-c. Do you think that you accurately evaluate each new situation or do you make a general assumption based on these tapes running through your head? In other words, when you meet a new guy/girl, do you give him/her a fair chance to get to know you, or do you base your ideas about him/her on your tapes?
- 5) Think about the tapes you have running in your head about yourself. List 3-5 beliefs that you have about yourself- positive or negative. Give the list to someone you trust- a parent, sibling, friend, etc. Ask for their opinion about those tapes. Do they see these same things in you? Write about their reactions to your tapes. How did their reaction make you feel?

- 6) I know you all like to argue and debate each other, your teachers, and your parents. When you are debating someone, you are defending your point of view while someone else defends and argues his or hers. Imagine that you are debating yourself about your current beliefs. You are going to write down your current belief then list a different way you could see the situation.

Your Relationship with your Mom and Dad

Adults in General

Your Relationship with your brother(s) and/or sister(s)

Your Friends

Your Relationship with your Boyfriend or Girlfriend

Your Academic Career

Your Future

Your Teachers

Your Enemies