

# YOUR ATTITUDE IS SHOWING Handout 1 Check Out My

## CHECK OUT MY ATTITUDE

Evaluate your attitude by circling yes or no after each statement:

I complain immediately when I don't like something Y N

I can't stand "do-gooders." Y N

You had better not try to pull a fast one on me or I'll get you back. Y N

If you don't succeed the first time, give up because you'll embarrass yourself. Y N

I think it's good to complain; then people know exactly how I feel. Y N

Being positive most of the time is just too unrealistic. Y N

If anything goes wrong, it ruins the rest of my day. Y N

If I do a good job, nobody cares about the way I act. Y N

Backing down makes you look weak. Y N



If you responded Yes to one or two of these statements, you think negatively sometimes. If you responded Yes to at least five of these statements, you see the bad side too often. If you responded Yes to more than five, life must be tough for you. You need to learn coping behaviors.