

NAME: _____

ESTEEM FOR YOURSELF

Here are some examples of “stinkin’ thinking.” Rate yourself according to this scale.

This is me ...	Most of the time	Some of the time	Rarely	Never
1. I have to be perfect in everything I do.				
2. I have to be right all of the time.				
3. I can't laugh too often (or share my hopes and dreams), or others will think I am foolish.				
4. I need everyone to love me.				
5. I expect other people to change to please me.				
6. I can't allow anyone to see me cry or they'll think I'm weak.				
7. I don't reveal my true feelings for fear someone will reject me.				
8. I don't like trying new things for fear of failure.				
9. I need to be first in everything or I'll consider myself a loser.				
10. To be happy, I need to be free of conflict.				
Total Your Score				

- How do you evaluate yourself based on your score?
- How are each of these statements self-defeating? How do they contribute to low or average self-esteem?

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ACCORDING TO THE FOURTH COMMANDMENT

Judge whether the following situations are in violation of the Fourth Commandment. Use “R” if a situation is right, “W” if it is wrong.

- _____ Joe, seventeen, never acknowledges his mother or father with a gift or card on Mother’s Day or Father’s Day.
- _____ Steve wants to study English in college with a view of becoming a writer. His father, who is quite wealthy, says he won’t pay a dime for Steve’s education unless he majors in business administration.
- _____ Susan and her friends aren’t voting in the coming elections because they think all the candidates are alike and their vote won’t make a bit of difference.
- _____ Chris likes to play harmless little practical jokes on his little sister.
- _____ The restaurant manager tells Amanda to ignore reporting all her tip income on her tax return since the IRS will never find out.
- _____ A mother suggests that her nineteen-year-old son stop seeing his girlfriend because “she’s a bad influence on you.”

Explain your choices.

NAME: _____

COMMANDMENTS FOR PARENTS AND TEENS

Compose a list of ten commandments for parents. Then compose another list of ten commandments for teens. Try to state principles that will help adults and teens live happy, productive, responsible lives.

Here are some quotes that might help your thinking:

“This above all; to thine own self be true.” (Polonius in Shakespeare’s Hamlet)

“Don’t just sit there, do something.” (old saying)

“Less is more. God is in the details.” (Mies van der Rohe)

“If you can’t win, make the person ahead of you break the record.” (Anonymous)

Parent Commandments

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Teen Commandments

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

WEAK EXCUSES

Here are some common statements teens (and others) use to justify their drinking. Circle the number of those excuses you have heard someone make. Then judge the validity of each statement, using this scale:

G—a good reason to justify drinking

W—a weak reason to justify drinking

- ____ 1. My parents drink. Why not me? I don't like their "do as I say, not as I do" morality.
- ____ 2. I drink because my friends do. It's hard to say no when you want others to accept you.
- ____ 3. Society approves of drinking. People drink at weddings, births, on holidays, at graduations—any time they can find an excuse to do it.
- ____ 4. It makes me feel good. It helps me relax in social gatherings. And it's a good way to escape the pressures of the week.
- ____ 5. There may be laws against it, but let's face it: you can find a way to get it if you really want it.
- ____ 6. A few drinks won't hurt anyone.
- ____ 7. Teen drinking is okay as long as you don't drive.

- Share reasons for your choices.
- When would you think a teen has a "drinking problem"?
- What can or should you do for a friend who abuses alcohol?