

Name: _____

ACTIVITY 1

Problem Ownership

For each of the following problems, decide whether the problem is yours, the other person's, or external.

Mine Other's External

___ ___ ___ Your best friend says he or she is bored with school.

___ ___ ___ A friend has borrowed your favorite shirt and keeps forgetting to return it.

___ ___ ___ Scientists are predicting a major earthquake in California in the next 50 years.

___ ___ ___ A friend comes over to visit while you're trying to finish tomorrow's homework assignment.

___ ___ ___ You didn't understand today's math lesson, and there's going to be a quiz tomorrow.

___ ___ ___ Your friend's dog escapes his leash and runs away while you're walking him.

___ ___ ___ The air conditioner in your house doesn't work, and tomorrow's temperature is predicted to be higher than 100 degrees.

___ ___ ___ Your best friend has just been dumped by his/her girlfriend/boyfriend.

___ ___ ___ Your brother is always getting mad and throwing things when he doesn't get his way.

___ ___ ___ Your best friend accidentally broke his mother's favorite vase.

___ ___ ___ You forgot to water the neighbor's plants while he was out of town, even though you'd agreed to do so.

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ACTIVITY 2

Problem Interference

List three real-life problems: one should be yours, one should be someone else's, and one should be an external problem. Describe how individuals who didn't "own" the problem became involved, or "interfered," and what the result was. If you can't think of real-life situations, you may create examples.

My problem: _____

Interference: _____

Other's problem: _____

Interference: _____

External problem: _____

Interference: _____
