

# Activating Events

Rate how well you deal with the following events – 1 being that you are not effective in the way you react to the events, 10 being that you are very effective in dealing with the events.

1. Someone disagrees with you: \_\_\_\_\_
2. Someone bumps into you: \_\_\_\_\_
3. Having to be still for a period of time: \_\_\_\_\_
4. Conflicts with friends: \_\_\_\_\_
5. Conflicts with family: \_\_\_\_\_
6. Conflicts with people who aren't family or friends: \_\_\_\_\_
7. Receiving Praise: \_\_\_\_\_
8. Receiving Constructive Criticism: \_\_\_\_\_
9. Interacting with Peers: \_\_\_\_\_
10. Interacting with adults or those in authority: \_\_\_\_\_
11. Busy Schedule: \_\_\_\_\_
12. Change: \_\_\_\_\_
13. Moving: \_\_\_\_\_
14. Making new friends: \_\_\_\_\_
15. Succeeding/Doing well/Winning: \_\_\_\_\_
16. Failing/Doing poorly/Losing: \_\_\_\_\_
17. Talking with God: \_\_\_\_\_
18. Not knowing what to expect: \_\_\_\_\_
19. Being sick/in pain: \_\_\_\_\_
20. Worrying: \_\_\_\_\_