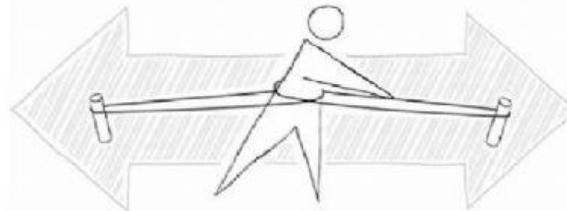




## HOW TO DEAL WITH A DILEMMA

### The Rubber band model



Options	Ask yourself: <b>What is holding you back ?</b>	Ask yourself: <b>What is pulling you?</b>
1.		
2.		

To be an adult= to take **RESPONSIBILITY** for your choices.

You have the **responsibility, the ability to respond, not react out of impulse.**



How?

**Stop what you're doing,**

### Take a breath, Observe your habit/reaction

### Proceed with your chosen response



*A peacefulness follows any decision, even the wrong one.* — Rita Mae Brown

Answer ONE of the following questions: (80-100 words)

What is the theme of the poem? Think of a situation in life which requires making an important choice. Describe the situation and think of TWO separate kinds of experiences you might encounter as a result of choosing one road over another.

LIVEWORKSHEETS



What is the message of this poem? Think of a choice you have made. Do you have any regrets? Do you think your life would have been different if you had made a different choice?

LIVEWORKSHEETS



OR

**A moral is something you learn from a story, a poem or an experience. Does this poem have a moral? What is it? The choice we make has far reaching consequences. How can you make the right choices in life?**

LIVEWORKSHEETS



**LIVE**LIVEWORKSHEETS