PREVIEW

A FRAME YOUR IDEAS Read about some common shortcomings. Rate each person according to the scale:

A = Sounds just like me!
B = Sounds a bit like me.
C = Doesn't sound like me at all!

What's your biggest shortcoming?

Martin ☐



"I wish I weren't so disorganized. My bedroom's always a mess. I can't remember where I've put anything. The way I'm doing things is just not working for me."

Lena ☐



"You know what my problem is? I'm a procrastinator! I'm always putting things off and waiting till the last minute to do things. Then I go into a panic worrying about whether or not I'll be able to finish on time."

Ricardo ☐



"I admit I'm a bit oversensitive. I tend to overreact to things people say to me—I think I'm being criticized when people are just trying to help. It really doesn't take much to get me upset about stuff."



Paul ☐

"I'm sure I'm too hot-tempered. I get angry way too easily. It doesn't take much to set me off. But I've been trying to change that."

Sophie ☐

"I know I'm too negative. I'm always focusing on the bad rather than the good. And I'm way too critical of others. My husband, though, is just the opposite!"



Jean ☐

"My husband says I'm too controlling—and he's probably right. I complain when he doesn't do things *my* way. I'm sure it drives him crazy!



Trevor ☐

"My biggest shortcoming is that I'm a perfectionist. No matter what I do, I'm not satisfied. I just don't think it's good enough. My attitude really gets in my way."



LIVEWORKSHEETS