8 PERSPECTIVES Are you difficult to please?

A Listen to some common complaints. Check (✓) the ones you agree with.

Do you get ANNOYED easily? Take the quiz and find out.

- ☐ I can't stand it when a child screams in a restaurant.
- ☐ I can't stand it when I'm upset and people tell me to calm down.
- ☐ It bothers me when my doctor arrives late for an appointment.
- ☐ I don't like it when someone takes the last cookie without asking.
- ☐ It upsets me when a close friend forgets my birthday.
- ☐ I don't like it when people call me early in the morning on the weekend just to chat.
- ☐ It bothers me when a friend answers the phone at the dinner table.
- ☐ I hate it when people text the message "Call me."

Score: If you checked . . .

1–2 complaints: Wow! You don't get annoyed very easily.
3–4 complaints: You're fairly easygoing.
5–6 complaints: You get irritated pretty easily.
7–8 complaints: Relax! You get upset too easily.



YOUR SCORE:

LIVEWORKSHEETS