Habit 4 Worksheet

Instructions: Read text The 7 Habits of Highly Effective Teens pages 146-161 and answer the following questions.

1. What is Habit 4?

Read pages 146-148.

2. What does the term “win-win” mean?

3. What belief does “win-win” come from?

4. a. Explain what the “win-lose” attitude means (who wins; who loses).

b. Give three examples listed in the book to describe “win-lose:”

   1.
   2.
   3.

Read pages 149-151

5. Complete: Lilly Tomlin said, “The trouble with the rat race is that even if you win, you’re still a _________.

6. Why does the person with the “win-lose” attitude end up at the top of the totem pole, but be at the top alone without friends?

7. Explain what the “lose-win” attitude means (who loses, who wins).

8. What traits do people with the “lose-win” attitude have?
   a.
   b.

9. People who take the “lose-win” attitude often hide their true _______________.
10. Read the example on page 150-151 about Jenny’s relationship with her mother. She did not discuss her true feelings with her mother. As a result, what negative emotion began to build up for Jenny?

11. Explain what the “lose-lose” attitude means.

12. What are two of the examples listed in the book of “lose-lose?”
   a. 
   b. 

13. Read the example on pages 152-153 about the girl’s basketball teammates. What did Dawn do to turn the situation from “lose-win” to “win-win” after her friend Pam quit passing her the ball?

14. Read the examples of “win-win” on pages 153-154. Give a personal example of a recent “win-win” situation you have been in.

Read pages 154-155

15. What emotion will make it hard for a person to think “win-win”?

16. What are the two habits that are described as the “tumor twins?”
   a. 
   b. 

17. Complete: Competition is healthy when you compete ______________
    ______________, or when it challenges you to become your best.

18. Complete: Competition becomes dark when you tie your ____________
    ______________ into winning or when you use it as a way to place
    yourself ____________ ____________.

Read pages 155-157.

19. According to Tim Galway, some people use competition as a means of creating a self-image relative to others. According to his quote in the text, what does that kind of attitude reveal that the person believes?

20. Why is comparing ourselves to others a bad habit?
21. What does the author say is the only good comparison?

22. Complete this quote from Paul H. Dunn. “If you base your self-esteem, your feeling of self-worth, or anything outside the quality of your ________, your ________________ or your ______________ you have based it on very shaky footing.”

23. Read the example on pages 157-158 about Anne.
   a. What harmful habit did Anne engage in to try to cope with the stress of her boyfriend comparing her with others?
   b. What was the first step for Anne towards recovery?
   c. Complete: During recovery Anne’s new friends made her feel she mattered because of __________ __________ __________ and not what she ______________.

24. Complete: Comparing yourself can become an ___________ as strong as ______________ or ____________________.

25. One trait of people with a “win-win” attitude is being committed to help other succeed. Name three people you know who have a “win-win” attitude and are dedicated to helping others succeed, and tell what they do that shows they have the “win-win” attitude.

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<thead>
<tr>
<th>Name</th>
<th>“Win-win” actions</th>
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<tbody>
<tr>
<td>a.</td>
<td></td>
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<tr>
<td>b.</td>
<td></td>
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<td>c.</td>
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26. Sometimes you will not be able to find a “win-win” solution to a relationship. What does the author advise to do when you cannot turn a situation into “win-win?”
27. Read the example on page 160 about Bryan and Steve’s business. What steps did they take to make sure they and their customers had a “win-win” deal?

   a. 
   b. 

28. What will be the results of thinking “win-win” in terms of how you think?

   a. 
   b. 

29. Identify two areas that you personally struggle with comparisons with others (dress, hair, etc.):

   a. 
   b. 

30. What attitude do you think you most often display: win-win, lose-win, win-lose or lose-lose.

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<thead>
<tr>
<th>Win-win</th>
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<tbody>
<tr>
<td>Lose-win</td>
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<tr>
<td>Win-lose</td>
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<tr>
<td>Lose-lose</td>
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