

## ATTITUDE AWARENESS WORKSHEET PRACTICE IDEAS FOR FAMILIARIZATION

USE THESE TO STIMULATE DISCUSSION & DISCOVERY -- HUMOR IS GOOD -- YOU MAY NOT ARGUE OR JUDGE OR COMPETE

RED  
1  
YELLOW BLUE  
YOUR COLOR CHOICE  
FOR A JACKET

STRAWBERRY  
2  
CHOCOLATE VANILLA  
YOUR CHOICE FOR  
AN ICE-CREAM CONE

HAMBURGER  
3  
HOT-DOG PIZZA  
YOUR CHOICE  
FOR A SNACK

WHITE  
4  
BLACK SUGAR  
HOW TO YOU  
LIKE YOUR COFFEE ?

LEMON  
5  
MILK SUGAR  
HOW TO YOU  
LIKE YOUR TEA ?

THEATER  
6  
MOVIE TELEVISION  
WHAT DO YOU LIKE  
FOR ENTERTAINMENT ?

BATH ROOM  
7  
KITCHEN BEDROOM  
WHICH WOULD YOU  
REMODEL FIRST ?

FELT-TIP  
8  
BALL-POINT PENCIL  
WHAT DO YOU LIKE  
TO WRITE WITH ?

SCHOOL  
9  
BOOKS VIDEO  
HOW DO YOU  
LEARN THE BEST ?



OPINIONS AND FEELINGS ARE FREQUENTLY A PERSONAL TRIUMPH OVER GOOD THINKING  
YOU DEFINE REALITY BY WHAT YOU KNOW, WHAT YOU BELIEVE, AND WHAT YOU DO ABOUT IT.