

DO YOU LIFT YOURSELF UP... OR DO YOU CUT YOURSELF DOWN?

1. Your school pictures just came in and your first thought is:

- A. "I GUESS IT'S NOT TERRIBLE. BETTER THAN LAST YEAR..."
- B. "YUK! MY FACE IS SHINY AND MY HAIR IS A MESS!"
- C. "LOOKING GOOD! THIS IS MY BEST SCHOOL PIC. YET!"



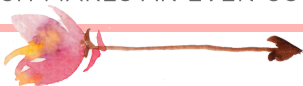
2. It's your first time skiing... And you can't even make it down the bunny slope without wiping out. What's your reaction?

- A. TOTAL HUMILIATION. YOU ARE HOPELESS AT SPORTS - WHY DO YOU EVEN TRY!
- B. DETERMINATION. WITH SOME PRACTICE. YOU KNOW YOU CAN GET BETTER.
- C. OH. WELL EXCAVATION MARK MAYBE SKIING JUST ISN'T MY THING



3. You spot your crush talking to the new girl, in math class. You think:

- A. SHE'S CUTE. MAYBE KID LIKE ME IF I LOOKED MORE LIKE HER...
- B. SHE'S WAY PRETTIER THAN ME. I'M SO UGLY YOU NEVER NOTICED ME.
- C. HE'S PROBABLY JUST BEING FRIENDLY, WHICH MAKES AN EVEN CUTER!



4. You go totally blank when your teacher calls you in class, you:

- A. SILENTLY CALL YOURSELF STUPID FOR THE REST OF THE DAY.
- B. SHRUG IT OFF. HEY, IT HAPPENS!
- C. SINK DOWN IN YOUR CHAIR, AND TRY TO DISAPPEAR. HOW EMBARRASSING!

5. Your BFF has a last-minute family trip and - gasp - can't make it to your birthday party this weekend. After the shock is worn off, you decide that:

- A. YOU'LL TAKE TIME TO PICK SO SHE DOESN'T MISS OUT ON THE FUN!
- B. MAYBE SHE DOESN'T LIKE YOU AS MUCH AS YOU LIKE HER.
- C. SHE SECRETLY HATES YOU. TIME TO FIND A NEW BFF...



6. You can A- on the science test. Thoughts?

- A. I ALWAYS MAKE SUCH DUMB MISTAKES.
- B. AWESOME! MY STUDYING PAYOFF!
- C. IT WAS NOT HARD. NO BIG DEAL.



7. As you passed a group of popular girls in the hall, they start laughing, you think:

- A. OH, WHAT DID I DO WRONG?
- B. I WON'T TAKE IT PERSONALLY - THEY COULD BE LAUGHING ABOUT ANYTHING.
- C. THERE STILL MAKING FUN OF ME. I'M SUCH A LOSER

ADD THEM UP!

1. A.2 B.1 C.3

2. A.1 B.3 C.2

3. A.3 B.1 C.3

4. A.1 B.3 C.2

5. A.3 B.2 C.1

6. A.1 B.3 C.2

7. A.2 B.3 C.1

DO YOU LIFT YOURSELF UP... OR DO YOU CUT YOURSELF DOWN?

7 to 11 Points



PUT DOWN. WOW - YOU'RE REALLY HARD ON YOURSELF! THE NEXT TIME THAT THAT MEAN VOICE STARTS TALKING, ASK YOURSELF WHAT YOU GAIN BY BEING SO NEGATIVE TO YOURSELF. DOES IT HELP YOU TO GET BETTER? DOES IT MAKE YOU HAPPIER? ABSOLUTELY NOT! INSTEAD, TRY OFFERING YOURSELF SOME GENTLE ENCOURAGEMENT. AFTER ALL, IF YOU TREAT YOURSELF WELL, OTHER PEOPLE WILL, TOO!

12 to 16 Points



UNKIND SOMETIMES- SOMETIMES YOU'RE A FRIEND TO YOURSELF; OTHER TIMES... NOT SO MUCH. WHENEVER YOU CATCH YOURSELF IN AN UNKIND THOUGHT ABOUT YOU, ASK YOURSELF WHAT YOU'D SAY TO A CLOSE FRIEND IN THAT SAME SITUATION. WOULD YOU BUILD HER UP OR CUT HER DOWN? DON'T YOU DESERVE THE SAME KIND OF TREATMENT? OF COURSE, YOU DO!

17 to 21 Points



PUMPED UP!- YOU TREAT YOURSELF THE SAME WAY YOU TREAT YOUR VERY BEST FRIEND, AND THAT IS SUCH A GREAT THING! BEING ABLE TO CHEER YOURSELF ON THROUGH DISAPPOINTMENTS AND TOUGH SITUATIONS HELPS YOU TO BOUNCE BACK FASTER, REACH HIGHER, AND BE THE VERY BEST YOU! KEEP IT UP! YOU REALLY ARE DOING GREAT!

What can I work on?

