

Behavioral Word Study

Challenge



Understanding the dynamics of emotional competencies and their obstacles can help us grasp valuable behaviors. There may not be a word that better describes the difficulties of building our skills or knowledge, than *challenge*, as it involves tasks that require us to expand effort beyond our comfort zone.

Engage in discussing the dynamics of *challenge* listed below, relating perhaps to sports, school work, or chores. Use this word study to identify the dynamics involved in past or current *challenges*. Then discuss new *challenges* you may need to deal with healthfully. Brainstorm to add other factors on the blank lines during discussion, and later test your understanding by filling in as much as you can of a Blank Word Study.

Possible Difficulties

- Awkwardness
- Complexity
- Confusion
- Direction required
- Practice required
- Strain
- Time consumption
- Trickiness
- _____
- _____

Feelings Blocking Action

- Bad attitude
- Disappointment
- Discomfort
- Disliking effort
- Fear of pain
- Impatience
- Lacking desire
- Lack of cooperation
- _____
- _____

Possible Self-Motivation

- Acceptance
- Command
- Creativity
- Discipline
- Drive
- Excitement
- Faith
- Interest
- _____
- _____

Guidance from Others

- Advice
- Coaching
- Demands
- Direction
- Encouragement
- Incentives
- Resources
- Strategies
- _____
- _____

Required Actions

- Dedication
- Discipline
- Effort
- Exertion
- Following instructions
- Initiative
- Obedience
- Tolerance
- _____
- _____

Results Expected

- Achievement
- Awards
- Competency
- Honor
- Improvement
- Praise
- Reward
- Triumph
- _____
- _____