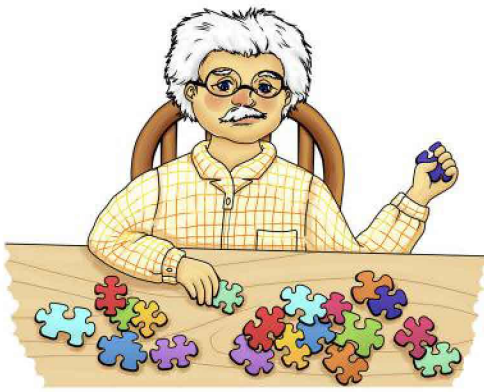




Behavioral Word Study

Challenge

Understanding the dynamics of emotional competencies and their obstacles can help us improve 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.

Discuss the dynamics of CHALLENGE listed below, relating perhaps to sports, school work, or chores. Use this word study to reflect upon the dynamics involved in past or current CHALLENGES. Then discuss upcoming 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 | ☐ Lack practice |
| ☐ Complexity | ☐ Strain |
| ☐ Confusion | ☐ Timeliness |
| ☐ Lack direction | ☐ Trickiness |
| ☐ _____ | ☐ _____ |
| ☐ _____ | ☐ _____ |

Possible Self-Motivation

- | | |
|-------------------------------------|---------------------------------|
| ☐ Guts/strength | ☐ Goal/idol |
| ☐ Fear | ☐ Urgency |
| ☐ Strategy | ☐ Faith |
| ☐ For others | ☐ Interest |
| ☐ _____ | ☐ _____ |
| ☐ _____ | ☐ _____ |

Required Actions

- | | |
|-------------------------------------|----------------------------------|
| ☐ Dedication | ☐ Direction |
| ☐ Discipline | ☐ Initiative |
| ☐ Bear hardship | ☐ Patience |
| ☐ Exertion | ☐ Tolerance |
| ☐ _____ | ☐ _____ |
| ☐ _____ | ☐ _____ |

Feelings Blocking Action

- | | |
|--------------------------------------|--------------------------------------|
| ☐ Bad attitude | ☐ Fear pain |
| ☐ Disappointment | ☐ Impatience |
| ☐ Discomfort | ☐ Lack desire |
| ☐ No effort | ☐ Lack tolerance |
| ☐ _____ | ☐ _____ |
| ☐ _____ | ☐ _____ |

Guidance From Others

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

Results Expected

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