



Behavioral Word Study

Temptation

Temptation is a concept that merits thorough examination, as resisting it often demands a deeper understanding and more advanced tools and skills than we possess independently. An in-depth study of *temptation* can significantly mitigate its adverse effects on our health and well-being.

As part of that in-depth study, take time to absorb, review, and discuss the lists below and brainstorm additional elements to add to the blank spaces. To assess your understanding after an in-depth study of this activity, spend time filling in a Blank Word Study. For growing additional strength against *temptations*, be sure to spend sufficient time studying the other Emotional Intelligence Awareness Month *temptation* activities and exercises.

Some temptations must be monitored regularly.

EMOTIONAL FACTORS THAT CAUSE TEMPTATION

- | | | |
|-------------------------------|----------------------------------|--------------------------------------|
| <input type="radio"/> Fear | <input type="radio"/> Jealousy | <input type="radio"/> Negligence |
| <input type="radio"/> Rage | <input type="radio"/> Curiosity | <input type="radio"/> Selfishness |
| <input type="radio"/> Anger | <input type="radio"/> Ambition | <input type="radio"/> Desperation |
| <input type="radio"/> Power | <input type="radio"/> Kindness | <input type="radio"/> Compassion |
| <input type="radio"/> Anxiety | <input type="radio"/> Excitement | <input type="radio"/> Tired/Laziness |
| <input type="radio"/> Passion | <input type="radio"/> Depression | <input type="radio"/> Disappointment |
| <input type="radio"/> _____ | <input type="radio"/> _____ | <input type="radio"/> _____ |

WHY TEMPTATIONS ARE EASY TO ACCEPT

- | | | |
|------------------------------------------|-----------------------------------------------|--------------------------------------------------|
| <input type="radio"/> Impatience | <input type="radio"/> Ignore precautions | <input type="radio"/> Drugs/medication effect |
| <input type="radio"/> Excuse/justify | <input type="radio"/> Believe worthwhile | <input type="radio"/> React to slightest bother |
| <input type="radio"/> Rebelliousness | <input type="radio"/> Low energy/concern | <input type="radio"/> Unknown/misinformation |
| <input type="radio"/> Desire to indulge | <input type="radio"/> Desire power/prestige | <input type="radio"/> Not consider alternatives |
| <input type="radio"/> Habitual behavior | <input type="radio"/> Lack practice resisting | <input type="radio"/> Actual emotional disorder |
| <input type="radio"/> Impulsive reaction | <input type="radio"/> Current emotional state | <input type="radio"/> Overly permissive attitude |
| <input type="radio"/> _____ | <input type="radio"/> _____ | <input type="radio"/> _____ |

CONCERNS/BEHAVIORS THAT HELP US RESIST TEMPTATIONS

- | | | |
|-----------------------------------------|-----------------------------------------------|---------------------------------------------------|
| <input type="radio"/> Rewards | <input type="radio"/> Medical influence | <input type="radio"/> Awareness of dangers |
| <input type="radio"/> Confrontation | <input type="radio"/> Problems caused | <input type="radio"/> Consequence concern |
| <input type="radio"/> Serious regret | <input type="radio"/> Past experiences | <input type="radio"/> Accountability concern |
| <input type="radio"/> Efforts to resist | <input type="radio"/> Counseling/coaching | <input type="radio"/> Efforts to maintain control |
| <input type="radio"/> Blocked access | <input type="radio"/> Increased knowledge | <input type="radio"/> Powerful mantras/ self-talk |
| <input type="radio"/> Delay strategies | <input type="radio"/> Effective coping skills | <input type="radio"/> Cautions/Rules/Laws obey |
| <input type="radio"/> Sense of control | <input type="radio"/> Distraction techniques | <input type="radio"/> _____ |