EDS 743 Behavioral Assessment, Management & Change

Introductory Class Exercise

This is an independent assignment for your own reflection. You do not have to turn anything in. Time permitting, we will discuss your results in class.

The purpose of this exercise is threefold

1. To provide a cooperative experience in which you can develop a better understanding about some of the important issues in this course.
2. To provide each of you with some insight into your own lives.
3. To provide a warm-up activity that will be both enjoyable and stimulating.

This is **NOT** a test. While the questions asked might seem personal, your answers have very little meaning to your professor and to your classmates.

This exercise is asking you to self-reflect. I am asking you to take 15-20 minutes to answer all questions that you feel are appropriate to your situation. Please take the necessary time and care to answer all questions as honestly as you can. It is only in this way that you can get the maximum benefit from this exercise

1a. Upon reflection what characteristic, behavior, trait or value do you like best about yourself? What is it about yourself that you are most proud? Think about this for a while –don't answer too quickly.

1b. In your opinion, how did this develop?

2a. Upon reflection, what characteristic, behavior, trait or value do you dislike the most about yourself?

2b. In your opinion, how did you arrive at this feeling?

2c. If you could change one thing about yourself what would it be? This is a generic question, it can be anything about yourself. Again, think before responding too quickly.

3a, List family members in order of age the oldest being first and so on. (This refers to your birth order family when you were growing up as a child) Ex. Your parent/guardian (s), Siblings.

3b. List each member of your immediate family and determine what is their most redeeming characteristic and what is their least redeeming characteristic.

4a. Which family member are you closest with? How do their characteristics compare to yours?

4b. Which family member are you the least closest with? How do their characteristics compare to yours?

5a. Select your closest friend and determine what their most and least redeeming qualities are?

5b. Upon reflection, what do you like most about this relationship?

5c. Which family member's characteristics come closest to your closest friend?