**Traits**

Traits are groupings of behaviors and attitudes that we use to meet challenges we face in our life. All traits are useful. The best trait to use depends on the situation. An important part of managing life is to have good skills in various traits, and being able to choose the right trait in the right situation. Here is a sample of traits: Take control (be dominant); be submissive; information-gathering (research); perseverance – keep on doing what you are doing; avoid; ignore; do something different than done before (be creative); persuade (talk people through); humility; kindness; be protective; wait-and-see; be dramatic; nurturing; deception; head straight into the problem.

**Below are a few stories. For each, indicate which trait(s) would be best to use:**

You are driving in the high-way when the check engine light comes on.

Trait(s) to apply: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

While you are driving, a police officer pulls you over.

Trait(s) to apply: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

You are watching some children and you walk into the room where they are playing. They have set the curtains on fire, and the curtains are burning quickly.

Trait(s) to apply: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

You are trying to hail down a cab, but the cabs seem to not notice you.

Trait(s) to apply: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

You are waiting at the doctor’s office, but after 45 minutes, you have not yet been called.

Trait(s) to apply: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

You accidentally ate your boss’s lunch. He now comes and askes you about it.

Trait(s) to apply: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

All day, you have been trying to move the rock in the garden by rolling it. It has not even moved an inch.

Trait(s) to apply: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_