

## Positive Behavior Exercise

Complete the chart by thinking about and writing how you feel about and respond to someone who behaves in the following ways:

<b>1. Smiles a lot and is generally happy</b>	
<b>2. Gives to others and wants nothing in return</b>	
<b>3. Thanks others</b>	
<b>4. Helps others</b>	
<b>5. Listens to others without judging</b>	
<b>6. Takes the blame or responsibility for faults</b>	
<b>7. Gives others credit for successes</b>	
<b>8. Absorbs negative behavior from others with tolerance and understanding</b>	