

Name: \_\_\_\_\_

## Letting Go and Hanging On

You are playing goalie in the soccer game after school. Throughout the game, your team is dominated and barely ever has possession of the ball. However, the opposition is unable to score thanks to your brilliant goal keeping. By the end of the game, the score is tied 0–0. In order to get a result, the game goes into sudden death overtime. In the last minute, the other team takes a shot. Exhausted from your efforts, you are unable to save it, and the other team wins the game.

*How can you let go of any negative feelings you may have about not winning the game and focus on the fact that you did your best?*

Your best friend has been away enjoying a vacation for a few weeks. When he gets back, you decide to catch up by going to the carnival for a day. You meet up at the entrance and try to decide what to do first. Your friend wants to play games, but you want to go on the rides. The two of you start arguing. Eventually you give in, but feel grumpy about it.

*How can you focus on having a great time with your friend and avoid thinking about not getting your own way?*

You are invited to Jen’s party this weekend. At the very beginning of the party, a couple of older students that no one knows jump over the fence and try to join in. When Jen asks them to leave they become aggressive and try to intimidate her. They eventually leave when Jen’s parents confront them. The party has only just started, but everyone is a little upset.

*How can you still enjoy the party despite the earlier conflict?*

You and a group of friends organize to go to the local indoor rock-climbing center once every two weeks. The first three times are great fun, but on the fourth, you slip and twist your knee. It hurts badly, and you aren’t able to attend the next few sessions. Eventually, when your knee is better, you return, but you feel a little cautious and worried.

*What can you do to control your negative feelings so you can enjoy rock climbing again?*

You give a presentation to your class about Australian history. While you know your material very well, your delivery is rushed and unorganized. As a result, you don’t get a very good grade, but your teacher gives you lots of feedback on how to improve for next time.

*What positives can you take from your assignment even though you didn’t get a very good grade?*

In the baseball playoff game, you bat first and strike out. Despite this, your team goes on to win the game. Afterward, you all go to the local bowling alley to celebrate the win.

*How can you enjoy the celebration despite your poor individual performance?*