



## 5.3 Choosing Your Attitude Activity

### Try This!

Read the following vignette and discuss the questions.

A business woman was waiting for her flight at the airport. Her flight was delayed, so she decided to buy a book to help pass the time. She also bought a package of cookies. She found a chair in the VIP lounge and sat down in an armchair to read in peace. A man sat down in the chair beside her, opened a magazine and began reading. The cookies lay on the table beside her. When she took out the first cookie, the man beside her took one, too. The woman felt very irritated by his bad manners. She thought, “Boy, did he have nerve!” For each cookie she took, the man took one, too. The woman was becoming infuriated, but she didn’t want to cause a scene. When only one cookie she remained she thought, “What is this rude man going to do now?” Then, he took the last cookie, broke it in half and gave her one half. She was REALLY angry now. “How dare he!” She stood up, gathered her belongings and stomped off in an obvious temper.

When she finally took her seat on the plane, she put her glasses in her purse. To her surprise, there lay her packet of cookies, untouched and unopened! She felt so ashamed. She had been totally wrong in thinking the man was eating HER cookies when she was eating HIS the entire time. This stranger had shared his cookies with generosity and consideration, and now there was no chance for her to explain herself or apologize.

*It’s all about choices. Choose how you respond! Think before you speak or act!*

1. Have you ever had an experience like this?
2. If you were this woman, what would/could you have done?
3. If you were this man, would you have done anything differently?
4. If you were given a partially filled glass of water, would it be half full or half empty?
5. Discuss how negative experiences can be viewed as opportunities and how this attitude can change the outcome. Try to give specific examples.