

# THE REAL DEAL

## the pma test

Let's face it, you can't be happy ALL the time. That may sound like a "downer" but you shouldn't expect to like absolutely everything about yourself (hey we all have room for improvement, right?) Chances are you could be easier on yourself and the people around you. "I'm always messing up." "Life isn't fair." "I'm not as good as they are." Do any of these thoughts sound familiar?

How do you go about changing that negative voice in your head? Solution: Practice PMA (Positive Mental Attitude!) That's right, P-M-A! Your attitude dictates how you feel and react. And guess what? You and ONLY you, control it.

### **1. When a friend tells you she got an A on her test, you....**

- (A) congratulate her, but secretly roll your eyes- who cares, really?
- (B) congratulate her and are genuinely happy for her.

### **2. You didn't make the basketball team. You..**

- (A) take your disappointment out on your family by screaming or moping- you are never playing basketball again.
- (B) ask the coach what you need to work on improving so that you can try out again next year.

### **3. Your best friend is talking and laughing with the guy you've had a secret crush on. You...**

- (A) are devastated and vow never to speak to her again. How could she do this to you?
- (B) take the opportunity to walk right up and introduce yourself to him. You later thank her for breaking the ice.

### **4. You are invited to a rock concert in a town two hours away. Your parents won't let you go. You...**

- (A) lock yourself in your room and fume about how you never get what you want.
- (B) invite a girlfriend to watch a movie and sleep over.

### **5. You accidentally trip over a crack in the sidewalk- and fall down right in front of a boy you have had your eye on. You...**

- (A) get up, keep your eyes down and walk away muttering under your breath about what a clutz you are.
- (B) get up, look him in the eye, and smile and say "I meant to do that."

### **6. You are hanging out with your friends when your dad calls you home. After you walk away, they burst out laughing. You...**

- (A) assume they just made a joke about you. You walk home worrying about whether they really like you or not.
- (B) assume they just made a joke and you missed it. No big deal- you'll catch up on the next one.

### **7. You are asked to baby-sit an infant, but you have never even changed a diaper. You...**

- (A) lie so you can get the job – how hard can it be?
- (B) tell the truth and still offer to sit – the parents will decide if you are the right person for the job.

### **8. You are invited to go skiing for the week-end, but you already had plans to volunteer on Saturday. You...**

- (A) call the head volunteer and say that you are sick.
- (B) call the head volunteer and ask if there are opportunities for another weekend. If not, you stick with your original commitment.