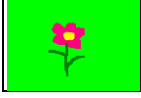


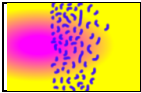
Understanding Your Personality Lesson Handout for Teens

During the lesson, write down any words that you are unsure about, so we can look them up and talk about them. _____

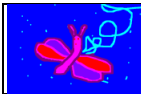
Answer the first question before the lesson starts. Wait until the end to answer the other questions.



1. What do you like about your personality?



2. How does your personality affect your mood or behavior?



3. What (if anything) would you like to change about your personality? How?

Which goals did you meet?

- To empower yourself to improve your behavior and relationships through self-awareness
 - To describe a personality trait that you can relate to
 - To discuss how your personality can affect your emotions or behavior
 - To identify something you like about your personality
 - Identify something (if anything) you would like to change
 - To discuss how to change an old behavior pattern