



Have External Forces Influenced Your Personality?

You may think that who you are and what you want is all your idea. But is it? In this lab, you will answer a series of questions that will help you consider whether outside forces may have influenced your behavior.

PROCEDURE

1.

Read the following questions and write your answers to them in complete sentences.

- a. What do you want to do with your life?

- b. Has anyone you know well pursued a similar path?

- c. Has anyone you know well expressed approval of your choice?

Block _____

Name _____

2.

As you write your answers, try to recall exactly how your family and friends have reacted to your future plans. Be as objective as possible.

ANALYSIS

1.

After you have answered the questions, discuss your responses with a partner.

2.

Consider whether your plans are a natural outcome of your personality, talents, and preferences. Are your future plans a good fit for you?

3.

If someone you know has followed a similar path, reflect on your relationship with this person. Do you admire this person? Have you ever imitated his or her behavior?

4.

Think about the people in your life who approve of your future plans. Do you crave approval and positive reinforcement from them?

5.

Has your environment influenced your future plans?