Patterns of Behavior



WOULD YOU SIT OR HIKE?

 Epstein family photos

The artist in this comic strip (click on the link below) presents some problematic patterns of behavior that he deals with in his daily life.

[http://www.incidentalcomics.com/2017/07/patterns.html#links](file:///C%3A%5CUsers%5Cuser%5CDocuments%5Cnaomi%5Cschool%5Conline%20homework)

Read the comic strip and then do the following:

1. Complete the table on **the next page**. Quote from the text on the comic strip and then supply your own examples of the artist’s behavior.

2. When does the artist feel better about himself?

3. Describe a pattern of behavior of someone in your family.

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| **Pattern of Behavior** | **An Example of such a Behavior** |
| “FAILING TO CHECK THE FORECAST” |  |
|  | He types up long lists of numbers every day. |
| “REPEATING MYSELF” |  |
|  | He would like to get a raise at work but is unable to talk to his boss about it. |
| “OVERWHELMED BY POSSIBILITIES” |  |
|  | He doesn’t believe in his ability to pass a driving test so he doesn’t take driving lessons at all. |
| “OVERCOME BY IRRATIONAL FEARS” |  |
| “UNSURE WHERE I’M GOING” |  |