

1. You just received your algebra test back and see that you've got an F. Which question below might you ask yourself?
 - Why does this teacher keep failing me?
 - ▲ When will someone tutor me more effectively?
 - Who makes up such horrible tests?N/A
2. It's the start of the semester and you're not sure if you should take Yearbook or Physics. Your parents don't seem to have an opinion—and you really need help making this decision. What question would you ask?
 - Why don't my parents care about this decision?
 - Who says I need Physics anyway?
 - ▲ When is someone going to just tell me what classes to take?N/A
3. You don't like your manager at your part-time job. After a frustrating day when you were yelled at for being late, how do you respond?
 - Why is life so unfair?
 - Who does this guy think he is, anyway?
 - ▲ When will someone get me up on time?N/A
4. Last week you forgot to take the garbage cans out to the curb and your parents got mad. What question might you ask yourself?
 - ▲ When will my parents lay off me?
 - Who is going to remind me to take out the trash from now on?
 - Why do I have to do so many chores?N/A
5. You need money for tickets to Homecoming. Your parents told you that you have to earn it yourself. How do you respond?
 - Who decided to charge so much for Homecoming?
 - Why are my parents so unreasonable?
 - ▲ When is someone going to give me a job?N/A
6. You're overwhelmed thinking about college and your future. How do you frame your thoughts on this?
 - ▲ When is my school counselor going to give me more guidance?
 - Why is college so expensive?
 - Who made the applications so complicated?N/A

7. One of your closest friends hasn't been speaking to you lately. You know he is mad at you, but you're not sure why. How do you think about this conflict?
- Who caused this problem in the first place?
 - Why are my friends so hard to get along with?
 - ▲ When am I going to find better friends who don't cause so much drama?
- N/A
8. You've heard that someone said something about you behind your back. The rumor is spreading quickly and you're not sure how to stop it. What do you ask?
- ▲ When is someone else going to stand up for me and shut this rumor down?
 - Why are other kids so mean?
 - Who's doing this to me?
- N/A
9. You didn't make the varsity team last year, but you practiced really hard and improved while on JV. It's your senior year and you think you've got a shot at varsity. The team list was just posted and you still didn't make the team. How do you respond?
- Who influenced the coach to side against me?
 - Why is it so hard to make the team?
 - ▲ When will I catch a break?
- N/A
10. You think that the teacher was not clear on the requirements for a homework assignment. You did the best you could, but ended up receiving a poor grade. How do you respond?
- Who's going to fix this?
 - ▲ When will we get better teachers at this school?
 - Why is my teacher such a lousy communicator?
- N/A

Add up your answers

How many ● questions did you choose? _____

How many ▲ questions did you choose? _____

How many ■ questions did you choose? _____

Key

● = "Blame" questions

▲ = "Procrastination" questions

■ = "Complaining" or "Victim Thinking" questions

The shape with the biggest number just might be the "trap" that you struggle with most.