

Name \_\_\_\_\_

Hour \_\_\_\_\_

## Chapter 2: Paradigms and Principles

As you read the chapter, answer the questions below. I have included each questions page number to assist you in your task. Not all answers will be easy to find, some you will really have to look for.

### Paradigm

1. What is a paradigm? (p13)

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2. What are the three types of paradigms? (p14)

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### Paradigms of Self

3. Although Linda didn't win an award, what did she "win" or experience? (p14)

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4. What can negative self-paradigms do? (p14-15)

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5. What about positive self-paradigms? (p14-15)

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6. What is one way that you can fix a paradigm that is contorted? (p15)

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### Paradigms of Others

7. What can seeing things from a different point of view do? (p16)

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8. Why are our paradigms often incomplete, inaccurate, or messed up? (p18)

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### Paradigms of Life

9. What is one question you can ask yourself to figure-out your paradigm? (p18)

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*Friend-Centered (p19)*

10. Why shouldn't friends become your center?

\_\_\_\_\_

11. What happens to your "foundation" if you build it on friends?

\_\_\_\_\_

*Stuff-Centered (p19-20)*

12. What are some examples of "stuff"?

\_\_\_\_\_

13. Why should we never center our lives on things?

\_\_\_\_\_

14. Where does our confidence need to come from?

\_\_\_\_\_

*Boyfriend/Girlfriend-Centered (p20)*

15. What is ironic about centering your life on someone?

\_\_\_\_\_

16. Complete the sentence: \_\_\_\_\_ is more attractive than

\_\_\_\_\_.

*School-Centered (p21-22)*

17. What can happen to school-centered teens?

\_\_\_\_\_

18. What is the real purpose of school?

\_\_\_\_\_

*Parent-Centered (p22)*

19. What does it mean to be "parent-centered"?

\_\_\_\_\_

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*Other Possible Centers (p23)*

20. Describe one of the other possible centers that you feel you might struggle with.

\_\_\_\_\_

*Principle-Centered (p24-25)*

21. List 5 principles you feel are important to you.

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-  
-  
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22. What happens when people break principles?

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23. Choose 2 *Baby Steps* and challenge yourself to do them.