

CHECK YOUR GRIP

Check whether you agree or disagree with each statement below. Then follow the directions at the bottom of the page to rate how well you understand the power of your words.

	AGREE	DISAGREE
Hearing angry words first thing in the morning can ruin my day.		
Words of praise always make me feel great!		
I know I can upset someone by calling him or her a name.		
Compliments usually embarrass me, but I like them anyway.		
It's sometimes easier to blame someone else than to explain what really happened.		
I hate how it feels when someone puts me down.		
I know it hurts others when I put them down.		
Sometimes I say things that I don't mean.		
It's usually better to say hello than to pretend you don't see someone.		
It's always better to say, "Excuse me," than to say, "Get out of my way."		
I can use words to make someone smile.		
I sometimes find it difficult to say what I mean.		
I can be nice with words.		
I can be mean with words.		
TOTAL		

Add the number of checks in the "Agree" column, and write the total at the bottom. Then match your score with one of the ratings below. Your rating will tell you how well you understand the power of words.

11-14 = TOTALLY IN TOUCH
 7-10 = PRETTY GOOD GRASP OF IT
 4-6 = BARELY IN TOUCH
 0-3 = DON'T HAVE A CLUE