

Location _____ Trainer _____ Date _____

ATTITUDES-ACCIDENTS **Animals Have Neither; Man Has Both -- Any Connection?**

Animals, as nearly as psychologists have been able to determine, have few if any attitudes. Neither do they have many accidents. You seldom see an animal get worked up over other than his bodily needs - food, water, exercise, etc., and about the only time he injures or kills himself is when he tangles with some man-made device for which nature didn't prepare him.

It's a good idea to take stock once in a while by asking ourselves: Do any of these wrong attitudes apply to me?

1. Selfishness - the "me first" attitude responsible for so much lack of consideration for others, commonly referred to as discourtesy.
2. Self-importance - the idea that "I'm too big for rules - they apply only to the other guy."
3. Overconfidence - "I'm good - I don't have to be careful - I know it all."
4. Chance-taking - the "Live dangerously" concept, sometimes involving great faith in luck. "It can't happen to me."
5. Fatalistic attitude - you go when your number is up, and what you do doesn't make any difference."
6. Hostility - a constant "unfocussed" feeling of anger towards others, resulting in an attitude of aggression.
7. Attitude of inferiority - "I won't be pushed around."
8. Competitiveness - "trying to get ahead" - to beat the other fellow.
9. Unconscious self-destruction - an attitude frequently noted by psychologists - a need to injure oneself.
10. Exhibition - showing off.
11. Pleasure in destruction - a personality maladjustment in which pleasure is derived from destroying things.
12. Transfer of guilt - creating situations in which blame can be placed on others, thus relieving feelings of guilt on the part of the instigator.