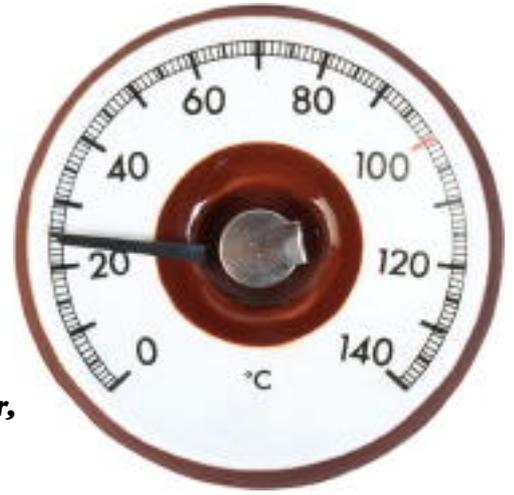


# THE GAME OF LIFE UNDER PRESSURE... HOW COOL ARE YOU?



When the going gets tough – do you get going? Or can you let it all wash over you? Check out your responses to these conflict triggers to discover your anger read out!

**1. You go into your teenager's bedroom to discover the neat pile of laundry you had put there has been knocked all over the floor, and then dumped back in the laundry basket. Do you...**

- A. Tut as you put it all through the wash, again!
- B. Leave it, thinking they'll soon work the system out when they run out of clean clothes
- C. Scream down the stairs for them to get up here and explain themselves!!!

**2. In a conversation with your partner you discover that your teenager has asked them for permission to go to a party that you have already said no to. Do you...**

- A. Allow them to go, after all your partner has said yes
- B. Explain that you and your partner work as a team, and the answer remains 'no'
- C. Tell them, that's it, they won't be going to any more parties until they're 18!!!

**3. You receive a letter from your teenager's school, explaining that they have missed a 1st deadline for their coursework to be handed in, and will receive no mark for it in their final exams if they don't get it in within the week. Do you...**

- A. Ring the school to explain that your child has been under extreme pressure, and you're sure they didn't mean to miss the deadline
- B. Boot up the computer, stock up on goodies and set them the task of getting it done before they can leave the room
- C. Remove all their privileges and banish all screens from the house and ground them for the next 6 months

**4. You are trying to give your teenager some important instructions; they don't stop texting and give you no eye contact through the whole conversation. Do you...**

- A. Presume they've heard, and that they will do what you've asked them
- B. Explain that you want them to put down the phone while you explain the instructions to you, then when they've shown they've heard and understood the instructions they can have the phone back
- C. Remove the phone from them, physically if necessary, and drop it in the nearest bucket of water. They'll be ready to listen now!

**5. You return home from holiday to discover your teenager has had a party while you were away, leaving your dining room table broken. Do you...**

- A. Take the table to the dump and buy a new one – after all it was getting old
- B. Ask your teenager for a contribution to the cost of repairing the table and get them to clean up the mess that's left around the house
- C. Sell off their prize CD collection to teach them to respect others possessions

**6. Your children are constantly on at each other, and both of them want you to side with them in the argument. Do you...**

- A. Plead with them to be nice to each other, they're family and should be best friends
- B. Suggest they sort out the situation themselves, but tell them that you're willing to listen to both sides and mediate, if that will help
- C. Grab them both and threaten to bang their heads together, then show them you can scream louder than both of them put together

**NOW CHECK OUT YOUR SCORES OVERLEAF TO DISCOVER JUST HOW COOL YOU ARE...**

**Take a few moments to look at the scenarios on the other side before reading below...**

## **THE GAME OF LIFE: UNDER PRESSURE...HOW COOL ARE YOU?**

### **Your Scores...**

A = 1 point

B = 2 points

C = 3 points

**Now add up your points to discover your anger read out...**

### **Anger Read Out: 6 points or below...**

*You're so cool we just need to call you 'The Cucumber'. You're so laid back you're almost laid down. Just watch out you don't get mistaken for a door mat.*

### **Anger Read Out: 7 - 12 points**

*Like the bowl of porridge that Goldilocks scoffed, you're not too hot or too cold. You're just right. In the heat of the moment, it's not always easy to keep that cool head under pressure, but it can pay off in the long run!*

### **Anger Read Out: 13+ points**

*Like a spicy curry, you're a little on the hot side. Whether you're at a gentle simmer, or a rolling boil; you're never far from boiling over. It could be said, you're a real hot head.*

