

The victim blames others for his or her problems.

c) The victim does just enough to get by and is happy with poor grades and mediocre accomplishments.

6. In Bill Clayton's personal essay, he talks about being one of the "lucky ones." What does he mean by that?

7. In the short piece about Abraham Lincoln, what did his law partner say about President Lincoln's key to overcoming obstacles?

8. What are the five components of the I CAN'T SYNDROME?

9. List two things the article said we can do to eliminate the "I CAN'T" Syndrome.

10. Who are the "contaminated people?"

11. After taking the Big Five Personality Test, write a few comments on whether or not you found the test to be accurate in describing you and why.

From the Article on "Making of a Perfectionist"

1. How does perfectionism reduce creativity and innovation?

2. How does perfectionism reduce playfulness and the assimilation of knowledge?

3. How does perfectionism create a lot of negative emotions?