

3. With respect to all of the following rate how bothersome they are based on the scale below:

- 1 - Not at all
- 2 - Slightly irritating
- 3 - Annoying – but not so much as to try to avoid it
- 4 - Really annoying - to be avoided if possible
- 5 - Irritating beyond belief

Criticism by your boss or spouse _____

Traffic _____

Waiting in line _____

Liberals _____

Conservatives _____

Rude People _____

Airport security _____

Your in-laws _____

Commercials _____

Complainers _____

Automated Telephone Trees _____

Your pet peeves: _____

Total _____

4. List the things that frighten you? Next to each, list the things the fear keeps you from doing.

_____	_____
_____	_____
_____	_____
_____	_____

List - IN YOUR HEAD – (please don't write it on a piece of paper) 5 people that upset, irritate or anger you. Give each an annoyance score (see scale in question 2) and then write down how often you see them per week . Multiply them together and you get their PIN number .

	Annoyance Score		No. of times sightings per week	PIN No.
Person A:	_____	x	_____	_____
Person B:	_____	x	_____	_____
Person C:	_____	x	_____	_____
Person D:	_____	x	_____	_____
Person E:	_____	x	_____	_____
			Total PIN	_____

Example: If Joe irritates you beyond belief he gets a 10. If you see Joe three times a week his score is 30.

	Annoyance Score		No. Of sighting per week	Score
Joe:	10	x	3 =	30

Since there is no score to this test you might wonder: *What's the point?*

HERE'S THE POINT

While there is no score there are indications:

1. If you were or were annoyed by the very fact that I asked you have to ask yourself why. As I said, you are human. As a result, you have faults. The point is your weaknesses hurt you more than they hurt anyone else.
2. Anger is the 800 pound gorilla of emotion. You have to decide if you handle your anger or if your anger handles you. Consider what Aristotle said:
"Anybody can become angry - that is easy, but to be angry with the right person and to the right degree and at the right time and for the right purpose, and in the right way - that is not within everybody's power and is not easy."
3. Your score on this one constitutes your BIL (Base Irritation Level) The higher your number, the more susceptible you are to ordinary upset. You can work to lower this number. But you have to make a point of doing it.
4. It doesn't matter how many fears you have, it only matters if they stop you from doing what you want. The trick is making the first side of the list as comprehensive as possible (so you have all of your fears in sight) and then eliminating the right side of this list. Personally, I am afraid of damn near everything. The left side of my list is very long. The right side relatively short. I am frettin' and sweatin' all the way but I usually get where I'm going. Or if you want the words of someone more reputable consider:
"You gain strength, courage and confidence by every experience in which you must stop and look fear in the face. . . You must do the thing you think you cannot do."
- Eleanor Roosevelt
5. Add your PIN to your BIL and take a look at how much unnecessary environmental emotional weight you carry around with you.

My Faults – *The List*

- I talk too much and I talk too fast and if I'm talking to someone who I think talks too slowly I will finish their sentences for them.
- I have unreasonable fears. I engage in worry as an art form, and let the most mundane things unnerve me. As a result I have been known to catastrophize (definition – the ability to turn something - no matter how insignificant - into a catastrophe.)
- I have a very short attention span.
I have been known to get distracted by my own thoughts.
- I am a control freak and tend to suffer from all of the fears and power absorption that this trait often inspires.
- I am lazy.
- I have a bad temper.
- On a domestic level I will do almost anything to keep the peace.
- I am impatient.

The thing is, I work my quirks. I not only acknowledge what they are but I work to make sure they don't, any more than necessary, dictate what I do.