

The Metamorphosis Anticipation Guide

Agree or disagree with the below statements. Then, give a brief explanation as to why.

Statement	Agree	Disagree
Being misunderstood is a part of life		
Mental Illness and Physical Illness should be treated with the same seriousness		
Work hard now so you can play harder later		
A person should do things for his/her family even if the family does not appreciate it		
If a person does not understand someone, he/she should try to understand him/her		
Leave someone alone if the person seems like they do not want to be helped		

Now, answer the below questions.

1. What do you do each day that stresses you out? How do you feel at the highest point of your stress?
2. How does your family rely on you? How would your life be different if they relied on you more or less than they do now?
3. What does isolation mean? How did the isolation of the past couple years affect you? What if you took that to the ultimate extreme and were affected by total isolation?
4. What do you do when you see a bug in your house? When you hear the word 'bug,' what kind do you envision? What is the worst kind of bug?