

EXERCISE CHART

Fill out the column with a yes if you agree and with a no if you don't. If you don't agree, please add a description of a situation that you think would explain why you don't agree.

	Yes/No	
1. Perception of Self		
A. Concept of oneself		A member of a family or group whose behavior is aimed at smooth interpersonal relationships
B. How one should act		Dependence on others, encouraged to strengthen relationships among people
2. Perception of the World		

A. Relationship to nature		Humans are part of nature and must integrate with and adapt to nature
B. Concept of time		Moves slowly, no need to hurry, time is a still pool
3. Motivation		

A. Concept of Achievement		Fulfillment in smooth interpersonal relationships with human's place in society largely a matter of fate
B. Psychology of motivation		Communal feelings toward one another exclude incentive to excel over others
4. Form of relating to others		

A. Nature of personality		Personalities reacted to in their tendency to accept or reject person completely
B. Status in person		Hierarchical pattern – treat others according to position in society
C. Resolution of differences		Confrontation through intermediary to avoid conflict, save face
5. Form of Activity		

A. Importance of "doing"		Doing not emphasized; taking it easy is just as important, what a person is is important

Adapted from Marian Bean and Judy Case UNC Charlotte