

FREEDOM FOR EXCELLENCE WORKSHEET

True or False? Respond to the following statements, using a quote from the reading to show whether the statement is true or false.

1. Frankl says that freedom is just a product of environment, biology, psychology, and sociology and that we aren't in control of our moods.

2. Frankl says that we always have the freedom, if nothing else, to choose our attitude in a situation.

3. According to the reading, people can generally be divided into two groups: angels and devils.

4. This reading makes the case that Freedom for Excellence is not really possible if we are tired, angry, stressed, or hurt.

5. Frankl illustrates that practicing Freedom for Excellence can be as simple as a word or a look, as in the example he gives of the foreman.

6. In this reading, the example of the friend trampling on someone else's crops in anger illustrates how easy it is to justify our actions using Freedom of Indifference.