

QUALITIES OF ACTIONS WORKSHEET

For each action in the table, put + for yes or – for no, in response to each question below:

- Does one use the power to think to perform this action?
- Is the action automatic or does one freely choose it?
- Is one responsible for this action?
- Is this action good or bad, or do these categories not apply?
- Is the action praiseworthy or blameworthy, or do these categories not apply?

Be ready to explain each answer.

Action	Think	Choose	Responsibility	Excellent	Non-excellent	N/A	Praise	Blame	N/A
Sneezing	-	-	-			-			-
Helping a friend in need	+	+	+	+			+		
Sleeping									
Making fun of someone									
Skipping class									
Breathing heavily									
Experience shock									
Feel angry									
Reacting out of anger									
Apologize									
Feel pain because someone hit me									
Hitting someone back									
Say "I love you" to someone									