

# WHAT SIDE GAMES ARE YOU PLAYING?

Playing side games—games that people play that are different from the announced game or the game that they agreed to play—have benefits and costs. In other words, what other games might be going on for you behind the scenes?

If so, which of the side games on the list below do you recognize? What are the costs and benefits of playing them? Put a Check Mark (✓) next to the side game that you recognize as familiar. Write next to it a possible cost and a potential benefit of playing such a game.

- |   |   |
|---|---|
| <input type="checkbox"/> To have fun                              | <input type="checkbox"/> To earn more praise from people who doubted me |
| <input type="checkbox"/> To get a scholarship                     | <input type="checkbox"/> To set records                                 |
| <input type="checkbox"/> To get the coach to notice what I can do | <input type="checkbox"/> To gain confidence                             |
| <input type="checkbox"/> To get more fit                          | <input type="checkbox"/> To have the best win-loss record               |
| <input type="checkbox"/> To get my anger out                      | <input type="checkbox"/> To prove physical dominance over my opponent   |
| <input type="checkbox"/> To win our league                        | <input type="checkbox"/> To burn calories                               |
| <input type="checkbox"/> To win the championship                  | <input type="checkbox"/> To lose weight                                 |
| <input type="checkbox"/> To get a good recommendation             | <input type="checkbox"/> To earn a varsity letter                       |
| <input type="checkbox"/> To make friends                          | <input type="checkbox"/> To be voted captain                            |
| <input type="checkbox"/> To spend time with my friends            | <input type="checkbox"/> To fit in                                      |
| <input type="checkbox"/> To keep my parents happy                 | <input type="checkbox"/> To be perfect in everything I do               |
| <input type="checkbox"/> To have better self-esteem               | <input type="checkbox"/> To be well-liked                               |
| <input type="checkbox"/> To make my parents proud                 | <input type="checkbox"/> To beat a rival school (or player)             |
| <input type="checkbox"/> To be better than my sister/brother      | <input type="checkbox"/> To have a perfect season                       |
| <input type="checkbox"/> To be the best player on my team         | <input type="checkbox"/> To start for the team                          |
| <input type="checkbox"/> To have something to brag about          | <input type="checkbox"/> To speak up when other players cheat           |
| <input type="checkbox"/> To avoid being left out                  | <input type="checkbox"/> To prove something                             |
| <input type="checkbox"/> To not be really nervous                 | <input type="checkbox"/> To avoid making mistakes                       |
| <input type="checkbox"/> To avoid being embarrassed               | <input type="checkbox"/> To avoid looking stupid                        |
| <input type="checkbox"/> To avoid "not looking good"              | <input type="checkbox"/> To avoid looking clumsy                        |
| <input type="checkbox"/> To never lose                            | <input type="checkbox"/> To avoid being worst                           |
| <input type="checkbox"/> To perform beyond expectations           | <input type="checkbox"/> To make somebody wrong                         |
| <input type="checkbox"/> To get my name in the newspaper          | <input type="checkbox"/> To become more popular                         |
| <input type="checkbox"/> To get recruited                         | <input type="checkbox"/> To get good grades to stay on a team           |
| <input type="checkbox"/> To build confidence in my life           | <input type="checkbox"/> To get into a really good college              |
| <input type="checkbox"/> To be known as a great lax player        |   |
| <input type="checkbox"/>  |   |

