



This thinksheet supports concepts taught in *Social Thinking Thinksheets for Tweens and Teens*

I Don't Want to, But I Will Anyhow...

Every day we have to do things that we just don't want to do or like to do. For example—I hate doing the dishes, but if I don't do the dishes, they pile up in the sink and someone else might have to clean up after me! Somehow these things end up getting done whether we like to or not.

Here is my list of things that I *have* to do regularly that I don't like to do:

- Take out the garbage
- Do the dishes
- Do the laundry
- Make dinner—sometimes I'm just too tired to cook
- Pay bills
- Drive to work
- Get out of bed in the morning
- Go to the grocery store
- Go to the dentist
- Fill up my car with gas

What are some things that you do every day or regularly that you don't like to do but just have to anyway because it is your job or responsibility?

Why do you do these things?

How does it make others feel when you do them without complaining?

How does it make others feel when you don't do them and you complain about them?

Do you end up feeling better about yourself if you end up doing them and getting them done, or not doing them and people are upset with you?