



## EVERYONE IS IN A RELATIONSHIP EXCEPT ME

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### PDF 3 – Fun Activity



### Game: Good Mindset or Bad Mindset?

Work in groups. Look at the picture and then read each situation. Decide:

✔ Good Mindset ✖ Bad Mindset 🤔 It Depends

1. Thinking “Something is wrong with me because I’m single.”
2. Focusing on hobbies and spending time with friends.
3. Feeling jealous when seeing couples on social media.
4. Being happy for friends who are in relationships.
5. Rushing into a relationship just to not feel left out.
6. Enjoying time alone and not feeling lonely.
7. Comparing yourself to others all the time.
8. Believing friendship is more important than romance right now.
9. Posting sad stories about being single.
10. Working on becoming a confident version of yourself.

**Part B: Ranking**

Rank the top 3 best mindsets (1 = best):

- 1. \_\_\_\_\_  
\_\_\_\_\_
- 2. \_\_\_\_\_  
\_\_\_\_\_
- 3. \_\_\_\_\_  
\_\_\_\_\_

**Part C: Your Own Examples**

Write two more Good Mindsets:

- 1. \_\_\_\_\_  
\_\_\_\_\_
- 2. \_\_\_\_\_  
\_\_\_\_\_

Write two more Bad Mindsets:

- 1. \_\_\_\_\_  
\_\_\_\_\_
- 2. \_\_\_\_\_  
\_\_\_\_\_



**Part D: Mini Role-Play**

Choose one situation and make a short dialogue (6–8 lines):

- Mia talking to her friend (like in the picture)
- Friends inviting Mia but she feels like a third wheel
- A friend giving positive advice to Mia

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