*NorthStar 3: Complete the paragraph below using the characteristics presented in the table.*

Characteristics:

|  |  |
| --- | --- |
| * Competitive * Enjoyment of sport * Strongly focused * Need to feel in control * Fearless * World sees beautiful | * World seems scary * Family is supportive * Family adds pressure * Obsession leads to success * Obsession leads to illness * Obsession related to being perfect |

Obsession can be helpful or destructive, depending on the person. This can be clearly seen in two examples from the sports world. Alex Honnold and Ashely Jones are both strongly focused and obsessed with being perfect and being in control. In addition, they really want to be successful. However, there are important differences between them. Alex Honnold is fearless and enjoys the sport. Ashley Jones sees the world as scary. Also, Alex’s family is supportive, while Ashley’s family puts a lot of pressures on her. As we look at these examples, it is interesting to see how obsession can either help of harm a person.