

10-30-14 Class #5—Competition & Cooperation

Homework:

1. Read the syllabus chapters on “Praise & Encouragement”
2. Read the syllabus chapters on “Competition & Cooperation”
3. Go to LDS.org President Benson’s talk on “[Beware of Pride](#)” April 1989 (Read at least annually...quarterly would be better)
4. Go to LDS.org and read “[The Surprising Science Behind Supremely Happy People](#)”

At the end of the article it has 10 things of what happy people are...

1. Surround themselves with other happy people. Joy is contagious.
2. Try to be happy. When they aren’t happy they cultivate a happy thought and smile about it.
3. Spend money more on others than they spend on themselves.
4. Have deep in person conversations.
5. Use laughter as medicine. Children laugh 300x a day and adult laughs 15x a day.
6. Use the power of music.
7. Exercise and eat healthy diets.
8. Take time to unplug and go outside.
9. Get enough sleep.
10. Are spiritual.

Class member: Mary Ellen Edmunds at Time Out for Women...if someone asks you how you are just say you are happy. If you are teetering on the “I’m happy or I’m not happy”. If you say I’m happy then it will tip you that direction.

Those who have children in the nursery have met Mallory. She came home from her mission in August after being out for 8 months in France. Before she left she was diagnosed with anxiety and had counseling and medicine. Over there things got worse and emailed the doctor who upped her medication. They did that a couple of times over there. She was really bad. They finally sent her home because she was suffering so. She went in to see a psychologist and they had misdiagnosed her and the medication they put her on was worse for the symptoms. She has gone through 3 months where she had to be eased off that medication and put her on the other one. She is still having symptoms. For 3 months she has been in this horrible depression and discouragement. We don’t know how to help her. It’s taken 3 months and it’s gotten to where the medications to where she is at “zero”. She is amazing! Typically these emotional diseases hit around 20 years old. You are required to stay home for 6 months before

you can go back on her mission. Depressed people don't have the energy to do those things...read Preach My Gospel and Scriptures everyday. Her blog (5079miles.weebly.com) is incredible. She had an interview with the Stake President. They send her on two 6 week "mini missions" close like Twin Falls. Yesterday she posted... "I had an interview with my Stake President. He said I am not worried about the language. What he was worried about was my interactions with other people. I had created a cocoon where I was safe. I have a taste of it all. I let these feelings keep me from interacting with people. Stepping out of your comfort zone even though you may not want to is not easy. We need to do it."

Think about how you handle your discouragement. We all create for ourselves this cocoon and we don't want to step out of it. We want to be where we feel safe. What we have to do is break out of the cocoon. We all do this. How many of you pray? Who can I help and then go do it? What if... We talk ourselves right into the safety of our cocoon.

She shared a story of a man who broke a man out of a cocoon. The man helped the butterfly. What the man in his kindness and haste was that the restricting cocoon are natures way of forcing fluid from the body of the butterfly to the wings to get it ready for flight.

We have to go through the difficult things so we can fly. That is for you personally. It is also for you as a mother to stop rescuing your children. Let your children learn to be strong. Don't cut the strings of every trial they have so they become dependent on you. Look at these hard times as the Lord allowing you to grow and fill your wings to take flight.

Competition

Everywhere you go there is competition in the world. The world says you are of value if you are beautiful. Your children feel inferior if they aren't beautiful. The world says you are of value if you are smart. If you are wealthy you are of value.

1. Beautiful
2. Smart
3. Wealthy
4. Athletic

Whether you like it or not your children are out there being evaluated by the world every time they step out. To them their truth **IS** truth. It's what they feel is truth.

In the Book of Mormon the problem is Pride. Prosperity puts them back up there. It's not really the money. It's the separation between other people. Those who had the money look down on those who are not. It's the inequality the division that creates pride. That is the cycle.

After the 200 years of prosperity after the Savior came there started to be classes. They were rich but the rich started thinking they were better. In that 200 years there were no matter of "-ites". In equality that creates "-ites".

When there is competition there is contention! When competition is gone contention is gone!

"Pride gets no pleasure of having something but of having more than someone else. The pleasure of being above the rest." ([Beware of Pride](#))

We want to take competition out of our home. Then pride is gone. Then you have contention. They are living in it in a world of it. Our goal as parents is to create a safe place where they can come in out of the world. We as parents unknowingly create a great deal of competition in our home.

You do love every one of them, but how do they perceive it.

Example: Ok guys...who can get undressed first. Someone is first and someone is last. Usually the same one is always first and someone is always last.

Example: In trying to motivate we will sometimes say, "How come you can't get grades like your sister? I know you can do it just like her." That child hates the other sister. We are starting to get the contention.

Example: You have a husband who adores sports. You have a son who is an athlete. As football games come up what do they talk about. Is it a good thing? Yes. It's good. Now you have a second son. He is not athletic. He loves music. He is good at it. He is in the choir. You as a family goes to the choir concert. What is the discourse before the concert? What time is the concert? 7pm. We'll be there. What song did you like best? Yeah. I liked that one too. Dad isn't as knowledgeable about music. The boys thing the athlete is the favorite son. It has nothing to do with parental love or feeling towards the child.

Be aware of the differences between the children. You can ask questions and be excited about them because you love the son, but maybe not the choir.

One of my children order's pizza after every event. They don't do that for every choir experience. If you want to do that for football games do it for the choir concert too. There needs to be equality. We aren't keeping score. It has to feel as important.

Example...the youth leader was talking to the 2 boys and young lady walks up. If you were old enough to date which one of these boys would you like to go out with. Spencer the jock? Or Carson the musician? This girl felt uncomfortable. How can you create a win-win. One of the boys said, "Boy it's good you aren't old enough to choose." The leader thought he was being funny.

We create experiences that put our children in those types of situations.

Class member: I do have a son who by nature is competitive and he creates the competition.

The key is he needs to learn to serve his siblings. You don't compete with those you serve. You serve them.

Class member: I'm just thinking it's so easy for me. This is why it's so important to have individual time with each of my children.

The opposite of pride is humility. As soon as you see humility in yourself are you really humble. It's not something you can dictate. It's good for you to have a FHE lesson and talk about what it is and what it looks like.

You can dictate actions, but you can't dictate feelings. You have to provide opportunities for the feeling to grow.

Provide opportunities in your home for your kids to experience that feeling. We have to create experiences to pull them out of that. You are creating an atmosphere. It's what THEY think you feel. Lots of opportunities and lots of experiences to understand how you feel.

Class member: A lot of my kids like the same kind of things. My oldest is a girl, then boy, then girl. The 3rd likes the same things the oldest girl. What do you do in a situation like that?

Answer: You pray about it. The Holy Ghost will tell you. Principles are take them out of competition.

How do you take them out of Competition?

There are 6 tools to use.

1. Teach them gratitude! That is the #1 key. If you teach your children to be grateful they will be out of competition. Look for opportunities to teach them to do that. You cannot be a truly grateful person without being humble.
2. Work hard (this is a process of time—change percentages) to create a win-win situation. Never comment on “I wish you had been here a little sooner”. Say what you will do not what they will do. “When you are ready then we will....” Sometimes that still creates the competition. If they think you are going to wait they have control. If you just start you have control.
3. Use language of love and respect. We sometimes call each other names and say “just kidding”. That doesn’t make it ok. Sometimes as parents we give nick names to our kids that are less than desirable. It is not funny to the child even if the child is laughing to your face. It is hurting their soul. Use please and thank you. Use language that is positive. One way you take them out of competition, encourage them to validate one another.
 - a. Example: The little one comes and shows you their paper. They are learning how to write. You are telling them, “Man I love this.” This child over here is saying “Look at my paper.” They think I am not important unless you are paying attention to me. I will do that by interrupting or I could do something bad (misbehavior). It still gets your attention on me. When you interact with me I am important. What you want to do is validate the child you aren’t interacting with, but do it in a way you don’t lose focus on the other child. You pull the child in and say, “Which letter do you like best?” You have put them in cooperation.
 - b. Ask them questions to complement one another. For them to do it is too high of a level for them. Look for, see, and validate others.
4. Prayer...pray for your children. They need to hear you pray for them individually and specifically and not negatively. Not, “Help Ben to be kind in the family” “We are so thankful that Suzy did well in her choir concert tonight.” Validate in specifics. Teach them to pray for one another.

Class member: My sister lives 5 hours away. They had a FHE that changed my life. Ages are 3-13. The person who conducts when they welcome the family. They specifically call each of them by name. “Welcome to FHE Johnny the thing I like about you is....” It brings the spirit into FHE.

That is a fabulous way to invite the Spirit, as well as the fact that you start looking for something good to say.

5. Serve Each Other
 - a. You cannot serve another person and remain in pride.
6. Personal PPI's with your family. These are great to be done by Dad's, but then it's great for a Mom to do it. It's good for Moms & Dads to follow up. There are certain rules to PPI's.
 - a. They are not for discussing rules...and lecture time.
 - b. The child is pulled in to do the talking and you are there to ask questions that lead them to think.
 - i. What happened good this week?
 - ii. How is school going?
 - iii. Tell me about an experience you have had this week.
 - iv. What are doing in your class?
 - c. Specific question gets specific answers.
 - d. Ask them to set a goal. What do you want to do? How do you want to improve? What can I help you do?
 - i. If they say, "I really want to learn how to cook."
 - ii. Get is specific...what day, what are you doing.
 - e. They are competing with themselves when they set goals! You are in charge of changing and motivating yourself.
 - f. They stop blaming others and move it forward.
 - i. Lousy on goal...you say, "Do you want to pick a different goal?"
They have the right to change. What do you need to do now to be a doctor when you grow up? Think about it and next month we'll talk about it. Talk about it in between. What have you thought about? I don't know. If you wanted to get into a really good college what do you want to do? You probably have to have good grades. You are right.

Class member: What if they ask your advice?

I haven't really thought about that. Let's both of us think about it and see what we can come up with. They come back and say, "I don't know." You say, "I don't want to share mine before you come up with one." We have to stop doing that and

Class member: Sometimes you can leave them 'hints'.

That's great, but you are still solving it. You might say instead, "You might find some ideas on the internet."

Class member: Tell me about your favorite thing to do. Rather than “What is your favorite thing to do?” Using statements rather than asking questions makes them think there isn’t a right or a wrong answer.

“Perhaps the greatest charity comes when we are kind to each other, when we don’t judge or categorize someone else, when we simply give each other the benefit of the doubt or remain quiet. Charity is accepting someone’s differences, weaknesses, and shortcomings; having patience with someone who has let us down or resisting the impulse to become offended when someone doesn’t handle something the way we might have hoped. Charity is refusing to take advantage of another’s weakness and being willing to forgive someone who has hurt us. Charity is expecting the best of each other. Be the one who nurtures and builds. Be one who has an understanding and a forgiving heart, who looks for the best in people. Leave people better than you found them.”

(Elder Marvin J. Ashton, Ensign, May 1992)

Ponder question....How many of you celebrate someone who is trying to achieve the same thing you are and is now better than you are? How many of you feel a little tiny bit bitter?

The natural man is envious and jealous. Living on the Savior’s side of the line allows us to celebrate others.

NEXT WEEK: Praise & Encouragement

Learn to say positives that can get inside. Most of you learned to grow up with praise and guilt. You were made to be feeling guilty or fabulous. We feel like if people don’t always say something about it (what people say to you) you feel like you have done lousy.

Carleen’s Dance (poem) –Syllabus pg 62