

11/6/14 Follow up—Competition

Pride is the universal sin...President Benson.

Contention is a sign of pride. Do you have pride in your home?

How did you look at your family? Thinking about competition & contention what did you find?

Class member: I have a 3 year old turning 4 this month. When he is playing games with us he shares. He will give chances for 'toys' that are playing and will share the cards. When it was brother he didn't share.

Interesting observation.

Class member: I've always done who can get dress the fastest? And we always had meltdowns afterwards because someone would win and someone wouldn't. I changed it to "How fast can you do it?" There were no problems when we were done.

Class member: When everyone has their pajamas on we can all do this. You can help the other person. They want to do it as a team.

Class member: On Saturday morning everyone is grumpy because they didn't want to work. I said everyone we are going to sit down and read scriptures. They said we don't read on Saturday. We were in the first of Alma...where there was contention. I stopped them and we pulled up President Benson's talk on Pride. They think it's cool because they get to pass the phone around. On that day they saw the contention happening in the scriptures and finally in their home. They got along that day.

Class member: We have rough Sundays. This Sunday we had Stake Conference. Saturday I was thinking what are we going to do all afternoon on Sunday with them and had a bad attitude. Sunday I woke up with a better attitude. We drove home a longer way. We made a family plan for the evening. They wanted to play Legos in their room. Sitting on the floor is too hard for me to do. I said, Daddy can play with you and I will make a BIG meal. Each of you can choose a part and help with it. There was no fighting the whole day. Each took their turns to help make chicken and breadsticks. We can do it as a family together.

The reason it worked is you took them out of competition. They were all winners. They all had a special place. They aren't competing for attention. When they are out of competition they will cooperate. Figure out how to get them out of competition. What

other activities can we do to pull them out of competition. What you think puts them in competition doesn't mean that's what they feel.

Class member: I had a friend call me. She was really discouraged. She was asking my advice. My first thought is you need to talk to Carleen, but then I realized I had taken the class for several years. To actually have to formulate it in words helped me. I had to get my kids to think outside of themselves. That has really taken them out of competition. My oldest will do that on her own now and help the younger ones taking them out of competition.

There is so much to learn you will be discouraged. You need to change percentages. The goal isn't to do perfectly every single topic we discuss. Your children aren't going to get it that fast and change that fast. Start thinking about putting something in your home that we discuss. What is the goal we said at the beginning at this class? If you can take one or two principles and incorporate them in your home, your home will be different by the end of the semester. It means these are the things I am going to consciously work on. I am going to try to begin to change the percentages in acting differently.

With depression you look at everything you do wrong compared to everything they do right. It's not right or fair for them or you. If you are improving a little bit you are making it.

Class member: I think it's interesting...my Mom even now says I was such a bad Mom. I told her she wasn't and gave her examples. It was interesting to me that it never goes away.

Class member: I used a bean jar. One jar full of dry beans and one that's empty. Anytime someone in the family does that thing...then you take one out and put it in the empty jar.

When you have little children, their attention span is not big. The next week they aren't so happy about it. You can change things up. They like new ideas.