

2-12-15 Follow up: Self Esteem

Pre 11 yrs old---the even years are hard.

Odd years when children are younger—easier years.

Older teenagers it switches—13,15,17 harder

Class member: Make each child feel like they are your favorite. Talk on Pride.

Download Acts of Kindness. List 5 things I like about myself.

Class member: My husband has always teased me about lacking patience with 6 kids...teenagers. I would say, "I can have patience." I had a harder time at the beginning of the week, but I've done better toward the end of the week. I focused on my 12 yr old step-son. He said, "Why do you all of a sudden like me?" I have always loved you, but I have been trying to work on my attitude be better on the 12 yr old.

There was a real truth that was here. She said...I've always loved you. He said..I didn't feel it. You have to check out and be sure what they are getting. That's not always obvious to you. You need to check that out from time to time.

Class member: I went over Pres.Benson's talk and studied my Patriarchal Blessing. I started paying attention to the things that I have been saying. I realized I was saying bad about that. I realized maybe I'm being too hard on myself. I need to focus on what I'm doing right instead of what I did wrong.

You spend too much time worrying about your flaws with good intent. If I focus on them I can correct them and become better. "True doctrine understood changes attitude and behavior...Preoccupation with unworthy behavior can lead to unworthy behavior." Preoccupation with your faults leads to you other weaknesses. Your fault finding yourself is a weakness. You are creating a stronger weakness. If you came home and said what went well in my lesson. How can I take that gift and magnify it then you gain more strengths. As you are getting stronger in righteousness the weaknesses disappear. You don't get rid of weaknesses by focusing on them, but by filling your life with strength.

Class member: Last week after class when you talked about not focusing on your weaknesses. 2 weeks ago I taught our combined lesson. I don't enjoy being front of people. I feel like I get too tongue tied. I'm usually written out. With the Come Follow ME you aren't supposed to do that. The topic for February...my part "My Body Is a Temple of God and Why We Should Treat It That Way." I prayed and fasted and went to the temple. I was supposed to teach them who they really are. I had so much

information come at me. The Spirit tailored it to me. I get up there in class and none of it comes out. I was just guided with what I was supposed to teach them. I ripped myself apart with it. Sitting in class last week I realized that the Spirit taught what was supposed to be taught. It has just changed the way I look at that. I usually hold on to too much of the control. I prepared and then let go. They got what they needed.

Class member: Changing our weaknesses...how do you teach that to little children?

You need to stop giving them the lesson and start having them give you the lesson.

Class member: I learned that I based it on my parents for years and they are both white. I have learned a lot of that from them. I'm really shy until I get to know anyone. I'm really not that way. I'm learning who I am. I'm not basing it on my parents or siblings.

Class member: I don't have the best self esteem...yet. I found as I worked on it I have issues with some of my in-laws. My relationship with other people got better because I wasn't so focused on what everyone else was thinking about. I was focused on Heavenly Father's love of me. If I don't care what they think of me the relationship is better.

We don't take offense and don't get hurt by what they think. My in-laws have hated me from the first day they met me. You can have a happy life and not be governed by what they think. They spent a lot of time telling everyone what was wrong with me. They don't have to like me.

Class member: When we were engaged his parents thought it was too fast and too soon. Our parents are not the ones receiving revelation for us.

Mike's sister we took to a basketball game in Ontario. She is in her 40's and I'm older than that. At the end of the evening she said I just want you to know that I feel bad for all the flack you took for years from our family. They have all loved my children, but not my children's mother.