

Everyone needs friends. It's our nature to be in relationships. But why is it easier for some people to make friends? Certainly your friends like you. However your friends also like the way they feel about **themselves** when they're with you.

We don't feel good about ourselves when there's a lack of acceptance. This is usually caused by a lack of understanding, which mean we don't know enough about each other. The first step is to LEARN more about each other. This helps us UNDERSTAND each other, which leads to ACCEPTANCE...the foundation of friendship

- This sort of thing happens every day. Here are some examples:
You're cruising through your day when someone makes a negative comment about a friend of yours. You have a split second to decide between: Judging (You're a jerk!) or Learning (Why would you say something like that?)
- You're sitting at home watching TV and your little brother starts making so much noise that you can't hear the TV. You have two choices: To Judge (You're so mean!) or To Learn: (I'm having trouble hearing the TV...what are you into right now?)
- You see someone at a game who dresses very differently than you. Which way does your mind jump: Judging (What a weirdo!) or Learning (I wonder what that person is really like?)
- There's a student in your class who seems super smart. Do you jump to a judgment? (What a nerd.) or do you want to learn more about her? (Tell me why you like this class so much.)

Every person you know has a story to tell...either about the moment...or about their view of life. The more you learn about them, the more you will understand them, and then, the more accepting you will become. You can have all the friends you need as soon as you replace your judging with Learning, Understanding, and Accepting others the way they are. This can be reduced down to a simple secret: Spend more time being INTERESTED than INTERESTING.

LEARNING OBJECTIVE:

Student will learn and identify the difference between judgment vs. learning responses to the behaviors of others.

INSTRUCTIONS: Distribute the handout to students after viewing the video. Invite students to share their answers to question #1 only.

CLASS DISCUSSION POINTS

1. Describe what it's like to have a really good friend.
2. What's involved in turning someone into a best friend?
3. Learning, Understanding, Accepting - which one of these is most challenging for you and why?

1

In the video it says:
“Spend more time being
interested than interesting.
What are some ways
to do this sincerely?”

Shared answer

2

What specific person
would you like to have
as a friend? What are
your next steps for
making that possible?

Private answer