

No one WANTS to be a turn off to their friends, but it can happen to all any of us. Have you ever wondered what causes people to drift off or actually run the other way? It's usually when we act out of fear, or out of pride. Here's what I mean:

When we're fearful we're all about **protecting** ourselves so:

We make excuses because we're afraid others won't forgive our mistakes

We blame others because we're afraid we look bad for a bad performance

We don't give 100% of ourselves because we're afraid it still won't be good enough

When we're prideful we're all about **promoting** ourselves so:

We brag about our performances to make ourselves sound superior

We put ourselves ahead of others because we think we deserve more

We talk about ourselves to impress other people

All of these are credibility killers. What is credibility? It's how much others believe in you and trust you. It's sort of like having "credits" with people. The more credits you've earned by being REAL, the more credibility you have. If you're dishonest or a bully, you're going to lose your "credits" in a hurry. Pretty soon...zero credibility, equals zero friends!

Here's the funny part: The most credible people on the planet are the ones who spend more time giving credits to others than trying to get them!

They praise others instead of themselves.

They take responsibility when they mess up.

And they offer to **play a supporting role** if necessary.

These are people with REAL humility and REAL credibility. Do you have the courage to be REAL, instead of fearful....REAL, instead of prideful?

LEARNING OBJECTIVE:

The student will identify the behaviors and learn the consequences of fear and pride in relationships.

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

CLASS DISCUSSION POINTS

1. What causes us to lose friendships?
2. When we are at our worst behavior with friends, what's going on inside of us?
3. What's the best way for us to overcome our fear and our pride?
4. How do you feel when you praise others or call attention to the accomplishments of your friends?

1

FEAR or PRIDE...

Which one do you think is the bigger turn-off for people and why?

Shared answer

2

FEAR or PRIDE...

Which one of these two emotions traps you most often and what's your plan to be more REAL?

Private answer