



REVIEW ACTIVITY

Chapter 6

Please consider the following questions:

- Referring back to the questions in this chapter on helping an injured person, how did you answer those questions? How could you more fully develop the skill of empathy? For example, some individuals focus on becoming a better listener or more understanding of others' feelings. How would you improve these skills?

- How would developing a higher level of empathy be important for your relationships? Empathy has been referred to as the most essential skill for personal and professional success. You may want to explore how this might apply to you, your family relationships, and your other life experiences.

- ❑ Can you visualize an interaction with a person who strengthens your sense that “I am worthy to be loved?” Frequently, experiences with children are most helpful because children do not have agendas and their feelings are genuine. As you acknowledge your true nature, you may want to picture a loving interaction with a child as a powerful way to prove that you are love-worthy.

- ❑ How helpful would it be for you to do the exercise that Mel did? If you decide to do this, make a firm commitment with yourself to follow through for at least seven consecutive weeks. It takes daily practice for the brain to make new neural connections and for the results to be noticeable. You may want to consider working with someone who will encourage you, such as a friend, family member, member of the clergy, etc.

Before leaving this chapter, please read the poem, “Children Learn What They Live” on the next page. The ideas in this poem emphasize the crucial self-beliefs that many of us as children internalized. If Negative Core Beliefs were formed, we can transform them into constructive beliefs. If Positive Core Beliefs were formed, we can further strengthen them.

CHILDREN LEARN WHAT THEY LIVE

If children live with criticism,
they learn to condemn.

If children live with hostility,
they learn to fight.

If children live with fear,
they learn to be apprehensive.

If children live with pity,
they learn to feel sorry for themselves.

If children live with ridicule,
they learn to be shy.

If children live with jealousy,
they learn what envy is.

If children live with shame,
they learn to feel guilty.

If children live with tolerance,
they learn to be patient.

If children live with encouragement,
they learn to be confident.

If children live with praise,
they learn to appreciate.

If children live with approval,
they learn to like themselves.

If children live with acceptance,
they learn to find love in the world.

If children live with recognition,
they learn to have a goal.

If children live with sharing,
they learn to be generous.

If children live with honesty and fairness,
they learn what truth and justice are.

If children live with security,
they learn to have faith in themselves and in those around them.

If children live with friendliness,
they learn that the world is a nice place in which to live.

If children live with serenity,
they learn to have peace of mind.

With what are your children living?

Dorothy Law Nolte (1924–2005), writer and family counselor (1993 version)

