

[1] Before We Start...

Who or what do you think really controls you?

[2] Definitions:

broadcast

upsetting

blame

inconveniences

give up control

look after you

independence

eye-for-an-eye

stretch out

compounded

accept responsibility

be in command of

forgive and forget

get on with

determine

fulfill

what really matters

[3] Watch the presentation**[4] Read the text**

YOUR OWN LIFE

When you broadcast to the world how angry you are about something, how unfairly you were treated, or how upsetting a situation was, you actually cause more damage to yourself than if someone else were to say such things about you. When you blame someone or some situation for your inconveniences and problems that means that you are giving up control of your own life.

If you think that society or someone other than yourself should look after you, you say goodbye to freedom, independence and responsibility. Such things are important for us to live a meaningful, full life. If you think of revenge, an eye-for-an-eye for some hurt that you experienced, then you stretch out that pain and make it bigger and deeper than it actually was. Negative feelings often get compounded.

The more you accept responsibility for things that happen in your life, the more you will be in command of your life and your future. The faster you forgive and forget and truly let go, the quicker you'll get on with creating the wonderful life that you desire and deserve. The speed in which you stand back on your own two feet and start moving forward will determine your fate.

Don't you want to feel joyous and live a meaningful life? Then you have to create that life by taking steps to do the things that fulfill you, that make that good feeling run through your body (and not do the opposite).

Only you know and can choose what really matters to you. Choose a life of freedom and love.

Think about: I'm going to live a wonderful and full life, and I choose to be the person responsible for that lovely life.

[5] Circle True or False:

- Telling the world that you're very upset is better than if someone else said that about you. [*true / false*]
- If you blame other people for your problems, you give up control of your life. [*true / false*]
- Negative feelings get smaller with time. [*true / false*].
- Fate is determined by how fast you recover yourself from pain. [*true / false*]
- To live a happy life you have to do things that fulfill you. [*true / false*]

[6] Examples of "This made me upset!"

- "I was here first but that waitress took that handsome man's order before mine!"
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[7] Listen and fill in the blanks:

The more you _____ responsibility for _____ _____
 _____ in your life, the more you will be in _____
 of your life and your future. The _____ you forgive and forget and
 truly _____, the quicker you'll _____
 creating the wonderful life that you desire and _____. The speed in
 which you stand back on _____ _____ feet and start moving
 forward will determine your _____.

TODAY'S ASSIGNMENT

In pairs or in a small group, answer or do the following:

1. Stop and think: What was the last three things that you broadcast to the world?

2. What happens to your life if you give up control of it? Is this bad? Why? (Answer all three of these questions... yes, it's not easy!)

3. What is the best way to forgive and forget and truly let go?

4. What is a life of freedom and love? (Think deeply!)

STUDENT NAMES & CLASS NUMBERS: