



EMOTIONAL RESILIENCE

FOR SELF-RELIANCE



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MESSAGE FROM THE FIRST PRESIDENCY

Dear Brothers and Sisters:

The Lord has declared, “It is my purpose to provide for my saints” (D&C 104:15). This revelation is a promise from the Lord that He will provide temporal blessings and open the door of self-reliance, which is the ability for us to provide the necessities of life for ourselves and our family members.

This workbook has been prepared to help members of the Church learn and put into practice principles of faith, education, hard work, and trust in the Lord. Accepting and living these principles will better enable you to receive the temporal blessings promised by the Lord.

We invite you to diligently study and apply these principles and teach them to your family members. As you do so, your life will be blessed. You will learn how to act on your path toward greater self-reliance. You will be blessed with greater hope, peace, and progress.

Please be assured that you are a child of our Father in Heaven. He loves you and will never forsake you. He knows you and is ready to extend to you the spiritual and temporal blessings of self-reliance.

Sincerely,

The First Presidency

CONTENTS

Facilitator Instructions.....	6
1. Building Emotional Resilience	11
2. Healthy Thinking Patterns	29
3. Our Body and Emotions	47
4. Managing Stress and Anxiety.....	65
5. Understanding Sadness and Depression	85
6. Overcoming Anger.....	103
7. Managing Addictive Behaviors.....	119
8. Building Healthy Relationships	137
9. Providing Strength to Others.....	155
10. Moving Forward with Faith.....	171

FOR FACILITATORS

Thank you for your willingness to serve as a facilitator. You will be part of something wonderful. Your efforts will help lead a small group of individuals to become more emotionally resilient by living gospel principles and learning practical skills. You don't need to be an expert and you are not responsible for what others bring up; just follow the materials and rely on inspiration from the Spirit and the group.

Facilitating this course is different than other self-reliance courses. The topics in this manual are sensitive, so you may have some participants become very emotional. If this happens, please be as understanding as possible. Most group participants will also be quick to lend support to others.

Below are some situations you may encounter and some possible responses.

Situation	Possible Response
Sharing goes over the designated time.	Choose a member of the group to be a timekeeper. "I appreciate how important this is to you, but we need to move on to stay on time."
A participant shares too much or dominates group discussion.	"Thank you for sharing. We need to provide opportunities for others to share."
A participant uses graphic detail to describe a situation or challenge.	"That sounds like a tough situation. I'd like to remind you, and all of us, that we don't really have the time or training to handle that issue."

RESPONDING TO CHALLENGING SITUATIONS

If emotions continue to escalate during a meeting, consider suggesting a short break to the group. Then, pull the participant aside. You may ask them, "Are you OK? You seem really upset. Is there anything I can do to help?" The facilitator should check that all participants are OK before they leave the meeting. If the person becomes threatening or harms anyone, ask the person to leave, call law enforcement, and notify priesthood leaders immediately. Become familiar with Meetinghouse Security Guidelines, available through your bishop.

Read: *If you are worried about the safety of someone in the group, try to reach out to them to ensure their safety. If you are unable to do so, you may need to contact your local authorities to make sure they are safe.*

DO

BEFORE EACH MEETING

- Download videos.
- Check that video equipment works.
- Review the chapter briefly.
- Prepare yourself spiritually.

DURING EACH MEETING

- Start and end on time.
- Open and close each meeting with a prayer.
- Encourage everyone to report their progress.
- Choose a timekeeper.
- Encourage everyone to participate.
- Be a group member. Make, keep, and report your commitments.
- Have fun and celebrate success.
- Trust and follow the workbook.

AFTER EACH MEETING

- Evaluate yourself using the “Facilitator Self-Assessment” (page 8).
- Contact and encourage members during the week.
- Update the stake self-reliance specialist on the group’s progress.

DO NOT

BEFORE EACH MEETING

- Prepare a lesson.
- Cancel meetings. If you cannot attend, please ask a group member to facilitate for you.

DURING EACH MEETING

- Teach or act as the expert.
- Speak more than others.
- Answer every question.
- Be the center of attention.
- Sit at the head of the table.
- Stand up to facilitate.
- Skip the “Ponder” section.
- Give your opinion after each comment.
- Change or enhance the activities.

FACILITATOR SELF-ASSESSMENT

After each group meeting, review the statements below. How well are you doing?

HOW AM I DOING AS A FACILITATOR?	NEVER	SOME-TIMES	OFTEN	ALWAYS
1. Everyone participates equally.				
2. I let group members answer questions instead of answering them myself. I talk less than other group members.				
3. I follow the workbook as written and complete all sections and activities.				
4. I contact group members during the week.				
5. I share my excitement and love for each group member.				
6. I stay within the recommended time for each section and activity.				
7. I make time for the "Ponder" section so the Holy Ghost can guide group members.				
8. I help ensure that every group member can report on his or her commitments.				
HOW IS MY GROUP DOING?	NEVER	SOME-TIMES	OFTEN	ALWAYS
1. Group members love, encourage, and serve each other.				
2. Group members keep their commitments.				
3. Group members are achieving both temporal and spiritual results.				
4. Action partners regularly contact and encourage each other during the week.				



1

BUILDING EMOTIONAL RESILIENCE

“MY FOUNDATION” PRINCIPLE

- Exercise Faith in Jesus Christ

EMOTIONAL VALUES AND SKILLS

1. What is Emotional Resilience?
2. Accepting Challenges as Part of God's Plan for Us
3. Using Agency to Act Responsibly
4. The Blessings of Change
5. Expressing Gratitude Daily

GETTING STARTED—Maximum Time: 20 Minutes

Have an opening prayer.

Introduce yourselves. Each of you take one minute to share your name and something about yourself.

WELCOME TO OUR SELF-RELIANCE GROUP!

Read: This group will help you learn spiritual and practical skills to better care for your body, mind, emotions, and relationships. As you attend this course, work with Heavenly Father and Jesus Christ to know how to apply what you learn to your life and the lives of those you love. These meetings will be a safe place for honest sharing as this group follows the principle of confidentiality and uses language and behavior that invites the Spirit. You are invited to share personal experiences that focus on solutions rather than problems.

Read: *This group is for educational purposes only. It is not group therapy or professional treatment for mental health issues. If you believe you are experiencing chronic issues with depression, stress and anxiety, anger, addiction, or other mental health issues you should seek professional help.*

HOW DOES THE GROUP WORK?

Read: Self-reliance groups work like a council. There is no teacher or expert. Instead, you follow the materials as they are written. Each group meeting lasts from 90 to 120 minutes. Your ability to connect with each other will help you feel the Spirit and become more emotionally resilient. With the guidance of the Spirit, you will help each other:

- Contribute equally to discussions and activities. No one, especially the facilitator, should dominate the conversation.
- Love and support each other. Show interest, ask questions, and be sensitive.
- Share positive and relevant comments.
- Make and keep commitments.

Watch: “My Self-Reliance Group,” available at srs.ChurchofJesusChrist.org/videos. (No video? Skip to “Without a Teacher, How Will We Know What to Do?”)

Discuss: What made the group in the video successful? What will we do as a group to have a life-changing experience?

WITHOUT A TEACHER, HOW WILL WE KNOW WHAT TO DO?

Read: It's easy. Simply follow the materials. Each chapter in the workbook has five parts:

Report: Discuss the progress you made during the week on your commitments.

My Foundation: Review a gospel principle that will lead to greater spiritual self-reliance.

Learn: Learn practical skills that will lead to greater temporal self-reliance.

Ponder: Listen for the Holy Ghost to offer inspiration.

Commit: Promise to act on commitments during the week that will help you progress. You will also share what you learn each group meeting with family or friends.

HOW TO USE THIS WORKBOOK

WHEN YOU SEE THESE PROMPTS, FOLLOW THESE DIRECTIONS				
Read	Watch	Discuss	Ponder	Activity
One person reads aloud for the whole group.	The whole group watches the video.	Group members share thoughts for two to four minutes.	Individuals quietly consider, meditate, and write for two to three minutes.	Group members work individually or with others for the specified time.

Read: *Remember that what is shared during group meetings is confidential. The opinions expressed in our group are those of individuals and do not represent the views or the doctrine of The Church of Jesus Christ of Latter-day Saints.*



MY FOUNDATION: EXERCISE FAITH IN JESUS CHRIST—Maximum Time: 20 Minutes

Ponder: Ask yourself, “How does my faith in Jesus Christ help me handle hard times?”

Watch: “Exercise Faith in Jesus Christ,” available at [srs.ChurchofJesusChrist.org/videos \[1:43\]](https://www.churchofjesuschrist.org/videos/1:43). (If you are unable to watch the video, read page 15.)

Read: Ether 12:18 and the quotes by Elder Neal A. Maxwell and President Russell M. Nelson (see the column on the right and page 15)

Discuss: Why is faith necessary for God to help us temporally, emotionally, and spiritually?

ACTIVITY

Step 1: As a group, read the prophetic quotes below.

Step 2: Discuss how acting on these prophetic priorities can help you have more faith in Jesus Christ.

PROPHETIC PRIORITIES AND PROMISES

“The more we know about the Savior’s ministry and mission—the more we understand His doctrine and what He did for us—the more we know that He can provide the power that we need for our lives” (Russell M. Nelson, “Drawing the Power of Jesus Christ into Our Lives,” *Ensign* or *Liahona*, April 2017).

“Your faith will grow not by chance, but by choice. . . . When was the last time that you read the Book of Mormon from cover to cover? Read it again. It will increase your faith” (Neil L. Andersen, “Faith is Not by Chance but by Choice,” *Ensign* or *Liahona*, November 2015, 67).

“The Sabbath day and the holy temple are two specific sources of divine help instituted by God to assist us in rising above the level and corruption of the world. . . . Ordinances that are received worthily and remembered continually open the heavenly channels through which the power of godliness can flow into our lives.” (David A. Bednar, “Exceeding Great and Precious Promises,” *Ensign* or *Liahona*, Nov 2017).

Commit: I will choose one thing to do this week to strengthen my faith in Jesus Christ.

“And neither at any time hath any wrought miracles until after their faith; wherefore they first believed in the Son of God.”

ETHER 12:18

“Faith in God includes faith in His purposes as well as in His timing. We cannot fully accept Him while rejecting His schedule.”

NEAL A. MAXWELL,
That Ye May Believe
(Salt Lake City:
Bookcraft, 1992), 84.

“Faith in Jesus Christ propels us to do things we otherwise would not do. Faith that motivates us to action gives us more access to His power. We also increase the Savior’s power in our lives when we make sacred covenants and keep those covenants with precision. Our covenants bind us to Him and give us godly power.”

RUSSELL M. NELSON,
“Drawing the Power of Jesus Christ into Our Lives,” *Ensign* or *Liahona*, May 2017

EXERCISE FAITH IN JESUS CHRIST

If you are unable to watch the video, read this script.

ELDER DAVID A. BEDNAR: Taking action is the exercise of faith. The children of Israel are carrying the ark of the covenant. They come to the River Jordan. The promise is they will cross over on dry land. When does the water part? When their feet are wet. They walk into the river—act. Power follows—the water parts.

We oftentimes believe, “I’m going to have this perfect understanding, and then I’m going to transform that into what I do.” I would suggest that we have enough to get started. We have a sense of the right direction. Faith is a principle—the principle—of action and of power. True faith is focused in and on the Lord Jesus Christ and always leads to action.

(See “Seek Learning by Faith” [address to Church Educational System religious educators, Feb. 3, 2006], ChurchofJesusChrist.org/media-library)



“We can feel joy even while having a bad day, a bad week, or even a bad year!”

“My dear brothers and sisters, the joy we feel has little to do with the circumstances of our lives and everything to do with the focus of our lives.”

“When the focus of our lives is on God’s plan of salvation . . . and Jesus Christ and His gospel, we can feel joy regardless of what is happening—or not happening—in our lives. Joy comes from and because of Him. He is the source of all joy.”

RUSSELL M. NELSON,
“Joy and Spiritual Survival,” *Ensign* or *Liahona*, Nov. 2016.

Back to page 14.



LEARN—Maximum Time: 60 Minutes

1. WHAT IS EMOTIONAL RESILIENCE?

Read: To become like the Savior, everyone will need to face challenges and hardships during this life. Dealing with life’s challenges successfully requires faith in Jesus Christ and emotional resilience. Emotional resilience is:

- The ability to adapt to emotional challenges with courage and faith centered in Jesus Christ.
- Helping yourself and others the best you can.
- Reaching out for additional help when needed.

This course is designed to strengthen you spiritually and teach some basic skills for dealing with life’s challenges and disappointments. You’ll also learn from the experiences and help of other group members.

Ponder: Ask yourself, why do you want to be more emotionally resilient? Write your answer below.

2. ACCEPTING CHALLENGES AS PART OF GOD'S PLAN FOR US

Read: As the Father of our spirits, God is perfect, has all power, and knows all things. He loves each of us, and our progress is His work and glory. His plan for us is to grow and change until we become like Him. He allows us to be challenged, and if we respond in faith, the Lord will strengthen us and help us grow to become more like him. Being emotionally resilient helps us to be patient and grow from these challenges.

“No pain that we suffer, no trial that we experience is wasted. It ministers to our education, to the development of such qualities as patience, faith, fortitude and humility. All that we suffer and all that we endure, especially when we endure patiently, builds up our characters, purifies our hearts, expands our souls, and makes us more tender and charitable . . . and it is through sorrow and suffering, toil and tribulation, that we gain the education that we come here to acquire” (Elder Orson F. Whitney as quoted in Spencer W. Kimball, Faith Precedes the Miracle [1972], 98).

Watch: “He Is Building a Palace”

(ChurchofJesusChrist.org/media-library/video/2014-06-1360-he-is-building-a-palace?lang=eng [1:19])

Discuss: How have you grown through challenges in your life?

3. USING AGENCY TO ACT RESPONSIBLY

Read: Even when bad things happen around us, we still get to choose how we respond. Taking responsibility for how we react, even when facing challenges, brings peace and power.

“As sons and daughters of our Heavenly Father, we have been blessed with the gift of moral agency, the capacity for independent action and choice. Endowed with agency, you and I are agents, and we primarily are to act and not just be acted upon. To believe that someone or something can make us feel offended, angry, hurt, or bitter diminishes our moral agency and transforms us into objects to be acted upon. As agents, however, you and I have the power to act and to choose how we will respond” (David A. Bednar, “And Nothing Shall Offend Them,” *Ensign or Liahona*, Nov. 2006).

Challenges or unexpected changes may seem unfair. You may be tempted to rely on “natural man” responses (Mosiah 3:19) and:

- Blame others
- Make excuses
- Rebel
- Complain
- Find fault
- Doubt
- Give up
- Procrastinate
- Get angry
- Indulge in self-pity
- Allow fear to rule
- Self-justification

Becoming emotionally resilient is to recognize these responses in ourselves and use our agency to choose a more appropriate response.

ACTIVITY (5 minutes)

With a partner, review each situation below. Using the list in the previous paragraph, think of some of the “natural man” responses that would apply to each situation. Discuss how we are naturally tempted to respond and ways we can “act for [ourselves] and not to be acted upon” (2 Nephi 2:26).

Situation	“Natural Man” Response (Mosiah 3:19)	Ways to Act Responsibly (2 Nephi 2:26)
<i>You weren't selected for a job you really wanted.</i>	<i>Get angry and blame others. Doubt your abilities. Lose hope you'll find a good job and quit trying.</i>	<i>Ask for feedback from others. Find new skills you can learn or things that would give you more experience. Apply for other jobs.</i>
You were misjudged or embarrassed by someone you care about.		
You made a mistake that hurt another individual.		
Someone was dishonest with you and you lost money.		
You have an illness that limits your ability to do things you could do in the past.		

Discuss: When have you used your agency to act responsibly? How did it help you?

Watch: “Mountains to Climb”

(ChurchofJesusChrist.org/media-library/video/2013-01-003-mountains-to-climb?lang=eng [5:05])

Discuss: Despite their challenges, what did the individuals in the video do to allow the Lord to help them?

Read: “Having faith in Jesus Christ is to trust that because of His atoning sacrifice He will correct all injustices, restore all things lost, and mend all things broken, including hearts. . . . He will make all things right, not leaving any detail unattended” (Lynn G. Robbins, “Be 100 Percent Responsible” [Brigham Young University devotional, Aug. 22, 2017], speeches.byu.edu).

Discuss: How can faith in Jesus Christ help us endure challenges well?

4. THE BLESSINGS OF CHANGE

Read: “At one time or another we’ve all heard some form of the familiar adage: ‘Nothing is as constant as change.’ Throughout our lives, we must deal with change. Some changes are welcome; some are not. There are changes in our lives which are sudden, such as the unexpected passing of a loved one, an unforeseen illness, the loss of a possession we treasure. But most of the changes take place subtly and slowly” (Thomas S. Monson, “Finding Joy in the Journey,” *Ensign* or *Liahona*, Nov. 2008).

The Lord assures us that if we put Him in charge, He can help us change for the better. “And if men come unto me I will show unto them their weakness. I give unto men weakness that they may be humble; and my grace is sufficient for all men that humble themselves before me; for if they humble themselves before me, and have faith in me, then will I make weak things become strong unto them” (Ether 12:27).

ACTIVITY (5 minutes)

Each week we will learn new skills to help us “act for [ourselves] and not to be acted upon” (2 Nephi 2:26). We invite you to consider something you want to improve. If you have a change in mind, use the space below to record your ideas and impressions. If not, as you review the topics in this manual, you will likely discover ways that you want to change, and you can come back and record your thoughts and feelings here.

Something I want to change:

How will my life be different when I make this change?

5. EXPRESSING GRATITUDE DAILY

Read: During these group meetings, one of your commitments each week will include writing down at least one thing you are grateful for each day. Expressing gratitude doesn't mean that you deny or ignore feelings of pain or discouragement. It does mean that you acknowledge the blessings Heavenly Father has given you. For example, it could be when someone was kind to you or when you appreciated something you saw, smelled, heard, touched, or tasted.

Watch: “Grateful in Any Circumstance”

(ChurchofJesusChrist.org/media-library/video/2014-04-0200-president-dieter-f-uchtdorf [1:06])

Discuss: When has gratitude helped you or others experience happiness?



PONDER—Maximum Time: 5 Minutes

Individually think about what you have learned today and consider what God would have you do. Read the quote and write your responses to the questions below.

"I testify you are beloved. The Lord knows how hard you are trying. You are making progress. Keep going. He sees all your hidden sacrifices and counts them to your good and the good of those you love. Your work is not in vain. You are not alone. His very name, Emmanuel, means 'God with us.' He is surely with you." (Sharon Eubank, "Christ: The Light That Shines in Darkness," *Ensign* or *Liahona*, May 2019)

What are the most meaningful things I learned today?

What is one thing I will do as a result of what I learned today? (This will be your personal commitment for the week. If you can't think of a commitment, some potential ideas are listed below.)

Commitment Ideas: Apply the pattern for change to my goal.
Read from the Book of Mormon every day.
Show my faith by attending Church and taking the sacrament.

ACTION PARTNERS

THE BENEFIT OF ACTION PARTNERS

Read: With the help of others, you can accomplish great things. For example, missionaries have companions for support. In our groups, we have action partners. Action partners help each other keep commitments by:

- Calling, texting, or visiting each other during the week.
- Talking about what we learned in the group.
- Encouraging each other to keep commitments.
- Counseling together about challenges.
- Praying for each other.

Discuss: How has another person helped you accomplish something difficult in the past?

Read: Being an action partner is not hard or time consuming. To start the conversation, you could ask:

- What did you like about our last group meeting?
- What good things have happened to you this week?
- How have you used the My Foundation principle this week?

The most important part of the discussion will be helping each other keep commitments. You could ask:

- How are you doing with your commitments?
- If you haven't kept some of them, do you need help?
- How can I best support your efforts?

ACTIVITY (5 minutes)

Step 1: Choose someone in the group to be your action partner for this week.

- You may change partners each week if desired.
- Generally, action partners are the same gender and are not family members.

Action partner's name

Contact information

Step 2: Write how and when you will contact each other.

SUN	MON	TUES	WED	THURS	FRI	SAT



COMMIT—Maximum Time: 5 Minutes

Each week we make commitments. Your response in the Ponder section could become your personal commitment for the week. When we meet next week, we will begin by reporting on our commitments. Read through the following commitments. Besides contacting and supporting your action partner(s), decide which of the commitments below you will commit to. Please read each of your commitments aloud to your action partner. Promise to keep your commitments and then sign below.

MY COMMITMENTS

- A** I will act on one way to strengthen my faith in Jesus Christ (see page 14).

- B** I will write one thing I am grateful for each day and thank God for it.

- C** I will work on my personal commitment (from the Ponder section, see page 24).

- D** I will contact and support my action partner.

- E** I will share what I've learned with my family or friends.

My signature

Action partner's signature



2

HEALTHY THINKING PATTERNS

“MY FOUNDATION” PRINCIPLE

- Our Divine Identity and Purpose

EMOTIONAL VALUES AND SKILLS

1. Our Thoughts Influence Our Emotions
2. Recognizing Inaccurate Thinking Patterns
3. Responding to Triggers
4. Creating More Accurate Thinking Patterns
5. Changing Our Thinking Takes Practice



REPORT—Maximum Time: 15 Minutes

STEP 1: EVALUATE WITH YOUR ACTION PARTNER (5 minutes)

Take a few minutes to think about how you did with your commitments last week. Draw a circle around the color that represents how you felt you did with each commitment. For example, the “red” circle means you gave very little effort, the “yellow” circle represents some effort, and the “green” circle is for significant effort. Share your evaluation with your action partner and have them sign off next to your self-evaluation.

- Very little effort
- Some effort
- Significant effort

Action Partner
Initials

A	I acted on one way to strengthen my faith in Jesus Christ.	● ● ●	
B	I wrote one thing I am grateful for each day.	● ● ●	
C	I worked on my personal commitment.	● ● ●	
D	I contacted and supported my action partner.	● ● ●	
E	I shared what I learned with my family or friends.	● ● ●	

STEP 2: SHARE YOUR EXPERIENCES WITH THE GROUP (5 minutes)

Now share as a group the things you learned last week working on your commitments. The questions below might help the discussion.

Discuss: What experiences did you have while practicing the My Foundation principle?
How did you become more accepting of change?

STEP 3: CHOOSE ACTION PARTNERS (5 minutes)

Choose an action partner from the group for this coming week. Generally, action partners are the same gender and are not family members.

Take a couple of minutes now to meet with your action partner. Introduce yourselves and discuss how you will contact each other throughout the week.

Action partner's name

Contact information

Write how and when you will contact each other this week.

SUN	MON	TUES	WED	THURS	FRI	SAT



MY FOUNDATION: OUR DIVINE IDENTITY AND PURPOSE—Maximum Time: 20 Minutes

Ponder: Ask yourself, “What is the worth of my soul to God?”

Read: Doctrine and Covenants 18:10–11 (see the column on the right)

Watch: “Our True Identity” (ChurchofJesusChrist.org/media-library/video/2010-04-20-our-true-identity?lang=eng [3:39]) (No video? Read page 33.)

Read: Quotes by President Boyd K. Packer and President Dallin H. Oaks (see the column on the right), and the quote by President Spencer W. Kimball on page 33

Discuss: Why is remembering our true identity and potential so important?

ACTIVITY (5 MINUTES)

Read: Heavenly Father wants us to value ourselves the way He sees us and not as the world judges. Satan uses discouragement to cause us to doubt God’s love for us and our divine nature and purpose.

Step 1: With a partner, read the differences between “worth” and “worthiness” in the table below (see Joy D. Jones, “Value beyond Measure,” *Ensign* or *Liahona*, Nov. 2017).

Worth	Worthiness
Our worth to God never changes.	Our worthiness does change.
Our worth was determined before we ever came to earth. We are everything to God.	Our worthiness is achieved through obedience.
God’s love for you is infinite and eternal. We don’t have to “earn” it.	If we sin, we are less worthy but never worth less to God. We still matter to Him.
God wants us to see ourselves and others as He sees us.	God wants us to continue to repent so we can be worthy of all the blessings He wants to give us.

Step 2: Discuss with your partner why Satan would want us to believe that our worth and worthiness are the same. How does thinking poorly about ourselves hold us back?

“Remember the worth of souls is great in the sight of God; For, behold, the Lord your Redeemer suffered death in the flesh; wherefore he suffered the pain of all men, that all men might repent and come unto him.”

DOCTRINE AND COVENANTS 18:10–11

“You are a child of God. He is the father of your spirit. Spiritually you are of noble birth, the offspring of the King of Heaven. Fix that truth in your mind and hold to it.”

BOYD K. PACKER, “To Young Women and Men,” *Ensign* or *Liahona*, May 2019.

“Be careful how you characterize yourself. Don’t characterize or define yourself by some temporary quality. The only single quality that should characterize us is that we are a son or daughter of God.”

DALLIN H. OAKS, “How to Define Yourself,” *New Era*, June 2013.

Read: The quote by Elder Dieter F. Uchtdorf (see the column on the right).

Discuss: Why is it important to see others as God sees them? How can we develop this spiritual gift?

Commit: I will identify one way to remember my divine identity this week:

GOD'S GREATEST CREATION

If you are unable to watch the video, read this script.

ELDER DIETER F. UCHTDORF: Much of the confusion we experience in this life comes from simply not understanding who we are.

One of the most beloved storytellers of all time was the Danish writer Hans Christian Anderson. In one of his stories, "The Ugly Duckling," a mother duck discovers that one of her newly hatched chicks is unusually large and very ugly. The other ducklings cannot leave the ugly child alone. They punish him mercilessly.

The ugly duckling decides it would be better for everyone if he left his family and so he ran away. Then one day he sees flying overhead a flock of majestic birds. He takes flight and follows them to a beautiful lake. The ugly duckling looks into the water and sees a reflection of a magnificent swan. The ugly duckling realizes that the reflection is his own. He has discovered who he really is.

Think of where you come from. You are sons and daughters of the greatest, most glorious being in the universe. He loves you with an infinite love. He wants the best for you. This knowledge changes

everything. It changes your present, it can change your future, and it can change the world. If only we understood who we are and what is in store for us, our hearts would overflow with such gratitude and happiness that it would enlighten even the darkest souls with the light and love of God.

Of course there will always be voices telling you that you're foolish to believe that you're swans, insisting that you're but ugly ducklings. And that you can't expect to become anything else. But you know better. You are no ordinary beings. You are glorious and eternal.

I plead with you, just look into the water and see your true reflection. It is my prayer and blessing that when you look at your reflection you will be able to see beyond imperfections and self-doubts and recognize who you truly are; glorious sons and daughters of Almighty God. In the sacred name of Jesus Christ. Amen.

"God is your Father. He loves you. He and your Mother in heaven value you beyond any measure. ... You are unique. One of a kind, made of the eternal intelligence which gives you claim upon eternal life. Let there be no question in your mind about your value as an individual. The whole intent of the gospel plan is to provide an opportunity for each of you to reach your fullest potential, which is eternal progression and the possibility of godhood."

SPENCER W. KIMBALL,
"Privileges and Responsibilities of Sisters," *Ensign*, Nov. 2019, 105.

"We cannot gauge the worth of another soul any more than we can measure the span of the universe. Every person we meet is a VIP to our Heavenly Father. Once we understand that, we can begin to understand how we should treat our fellowmen."

DIETER F. UCHTDORF,
"You Are My Hands," *Ensign or Liahona*, May 2010

Back to page 32.



LEARN—Maximum Time: 60 Minutes

1. OUR THOUGHTS INFLUENCE OUR EMOTIONS

Read: Your thoughts are important. How you talk about yourself and how you think about things impact how you feel and how resilient you can be. Your thoughts play a great role in how you feel, interact with others, and perceive the world around you. The scriptures teach: “For as he thinketh in his heart, so is he. . .” (Proverbs 23:7).

Knowing how much power your thoughts have over your emotions, both the Savior and the adversary seek to influence your thoughts. The Savior asks, “Look unto me in every thought” with faith, without doubt or fear (D&C 6:36).

Watch: “Am I Good Enough?”

([ChurchofJesusChrist.org/media-library/video/2017-10-0009-am-i-good-enough?lang=eng](https://www.ChurchofJesusChrist.org/media-library/video/2017-10-0009-am-i-good-enough?lang=eng) [3:28])

Discuss: How does “look[ing] unto [the Savior] in every thought” remind you that you are good enough?

2. RECOGNIZING INACCURATE THINKING PATTERNS

Read: Oftentimes, we might focus our thoughts on what is wrong or negative. Inaccurate thinking patterns lead us to see the worst possible outcomes to a situation. These distorted thoughts cause us to feel bad about ourselves and others. We all experience negative thoughts, but sometimes we get stuck in them and don’t see the pattern and how it hurts our emotional health. Read a list of common inaccurate thinking patterns on page 35 and then discuss the question below. Consider identifying one or two of these thinking patterns that you use most.

COMMON INACCURATE THINKING PATTERNS

Thinking Pattern	Explanation	Example
All or Nothing	Seeing something or someone as all good or all bad. Look for phrases with words like "always" and "never."	"I <i>always</i> say the wrong thing."
Mislabeling	Taking something that happened and making a broad or incorrect statement.	"The relationship ended, so I'm <i>not good enough</i> ."
Jumping to Conclusions	Interpreting others' thoughts or assuming the worst possible outcome.	"I bet <i>everyone</i> is laughing at me."
Personalizing	Blaming yourself or someone else for a situation that in reality involved many factors.	"They didn't call me back, so <i>they must be mad at me</i> ."
Emotional Reasoning	Judging a situation based on how you feel.	"I feel guilty. I <i>must have</i> done something bad."
Overgeneralization	When you apply one experience and generalize it to all experiences.	"I did poorly on this assignment, so why should I stay in the class?"
Negative Mental Filter	Focusing on a negative detail and dwelling on it.	"It feels like nothing went well today. It was just failure after failure."
Discounting the Positive	Rejecting all positive experiences because you don't feel like they count.	"It doesn't matter if my daughter ate breakfast. She threw tantrum after tantrum the rest of the day!"
Magnification	Exaggerating your weaknesses or comparing them to others' strengths.	"I barely cook dinner for my family, and when I do, it's nothing like <i>her</i> dinners."
Should Statements	Telling yourself how things should be.	"I <i>shouldn't</i> have messed up like that."

Discuss: Why do we sometimes think this way?

3. RESPONDING TO TRIGGERS

Read: A trigger is something that causes an automatic reaction in our thoughts, feelings, and behaviors. When your automatic reaction is inappropriate, you can learn better ways to respond. Triggers may include things you see, think, feel, and experience. They can be impacted by your mood, the time of day, energy level, relationships, places, events, or other situations.

ACTIVITY (10 minutes)

Step 1: We have mentioned a few possible things that may trigger you. On your own, answer the following questions which will help you identify where, when, and with whom your triggers may happen. Then list a few triggers that occur repeatedly in your life.

What mood(s) do I struggle with the most?

What days of the week or times of day are hardest for me?

What types of people are difficult for me to be around?

What situations or events are most difficult for me?

What are a few triggers that occur repeatedly in my life?

Step 2: Now as a group, review some common trigger examples. Read the example, then fill out the other two examples together. Identify how the trigger might make you feel. Then fill out common responses and healthier alternatives.

TRIGGER AND RESPONSE CHART			
TRIGGER	HOW DID I FEEL BECAUSE OF THE TRIGGER?	HOW DID I REACT?	HOW CAN I RESPOND?
<i>Example</i> Going to a party where you don't know anyone	Overwhelmed and judged Stressed by so many people around me Pressure to be someone they want me to be	Hide in another room and isolate myself Avoid conversation Stay by the food Browse on my phone	Invite a friend to go with me Focus on gratitude Tell myself that I am good enough
Being around someone you don't get along with			
Hearing or seeing a negative message about me or someone I love			

Step 3: On your own, identify one of the triggers you wrote in Step 1. Write how you feel because of the trigger. Then fill out common responses you have and healthier alternatives.

TRIGGER AND RESPONSE CHART			
TRIGGER	HOW DO I FEEL BECAUSE OF THE TRIGGER?	HOW DID I REACT?	HOW CAN I RESPOND?

Discuss: How can being aware of our triggers help us respond better?

4. CREATING MORE ACCURATE THINKING PATTERNS

Read: After you see your inaccurate thinking patterns, the next step is to try and change them to more accurate, truthful thoughts. You can invite the Savior's influence by challenging your thoughts and asking whether they are true (see John 8:32). Here are some questions you can use to challenge your inaccurate thoughts:

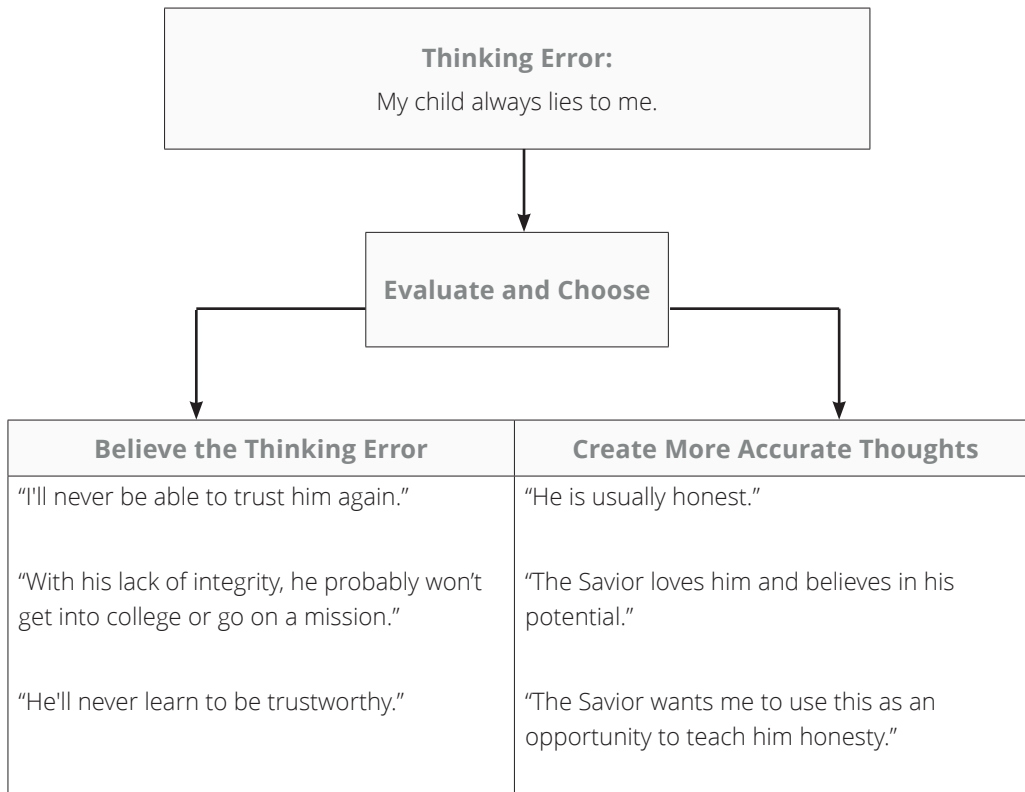
- Considering all the evidence, is the thought I'm having 100% accurate?
- Is this something the Savior would want me to think or feel?
- Is this thought all or nothing—black or white, win or lose, true or false?
- Does thinking this way help me or hurt me?
- How does this thought make me feel?
- What do I know about myself and others that tells me this is not true?
- What would I tell my best friend or someone I respected if they thought these things?

Discuss: Why is it important to challenge thinking errors and create more accurate thoughts?

ACTIVITY (15 minutes)

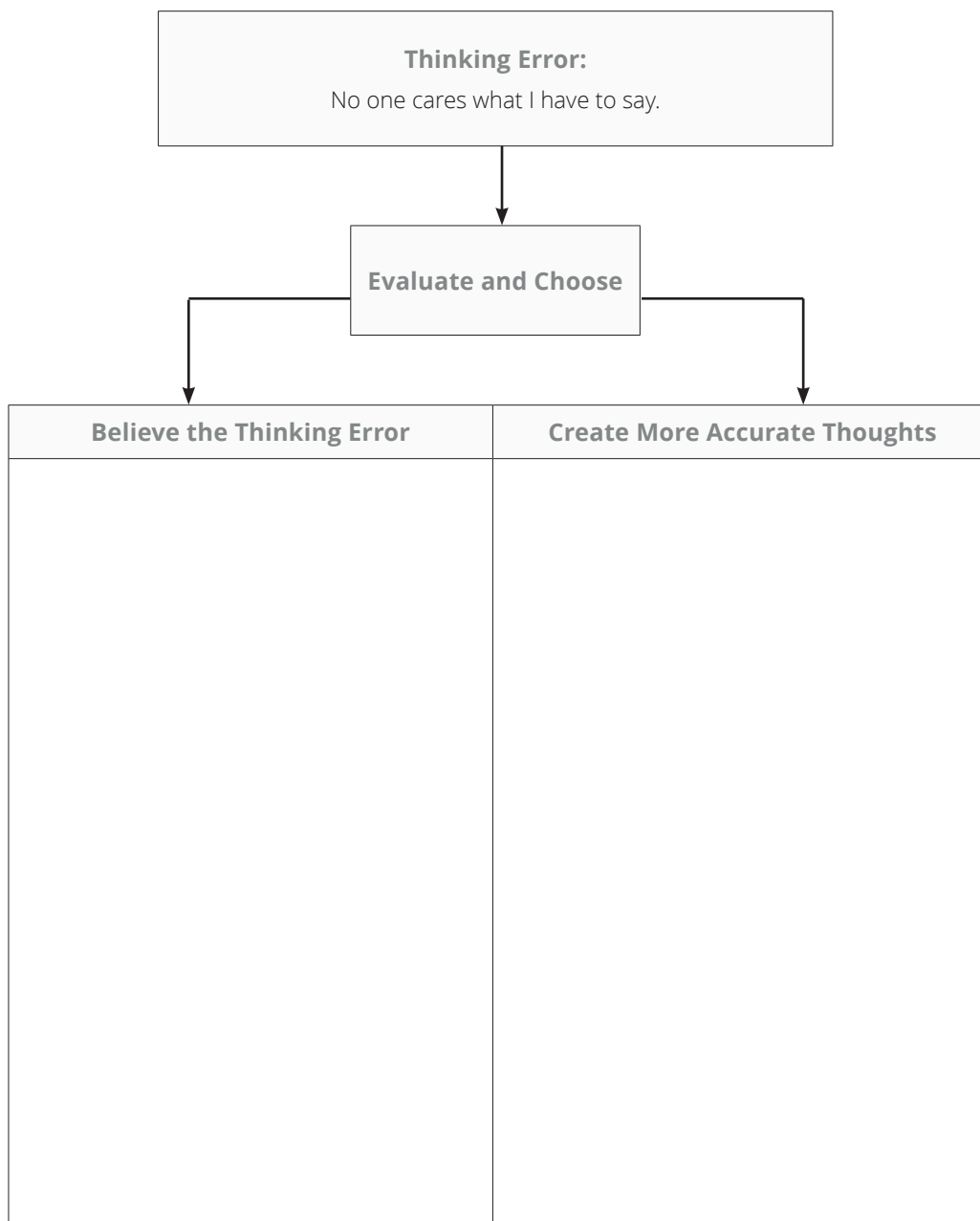


Step 1: Below is an example of how to challenge inaccurate thinking patterns. Read through the diagram as a group.



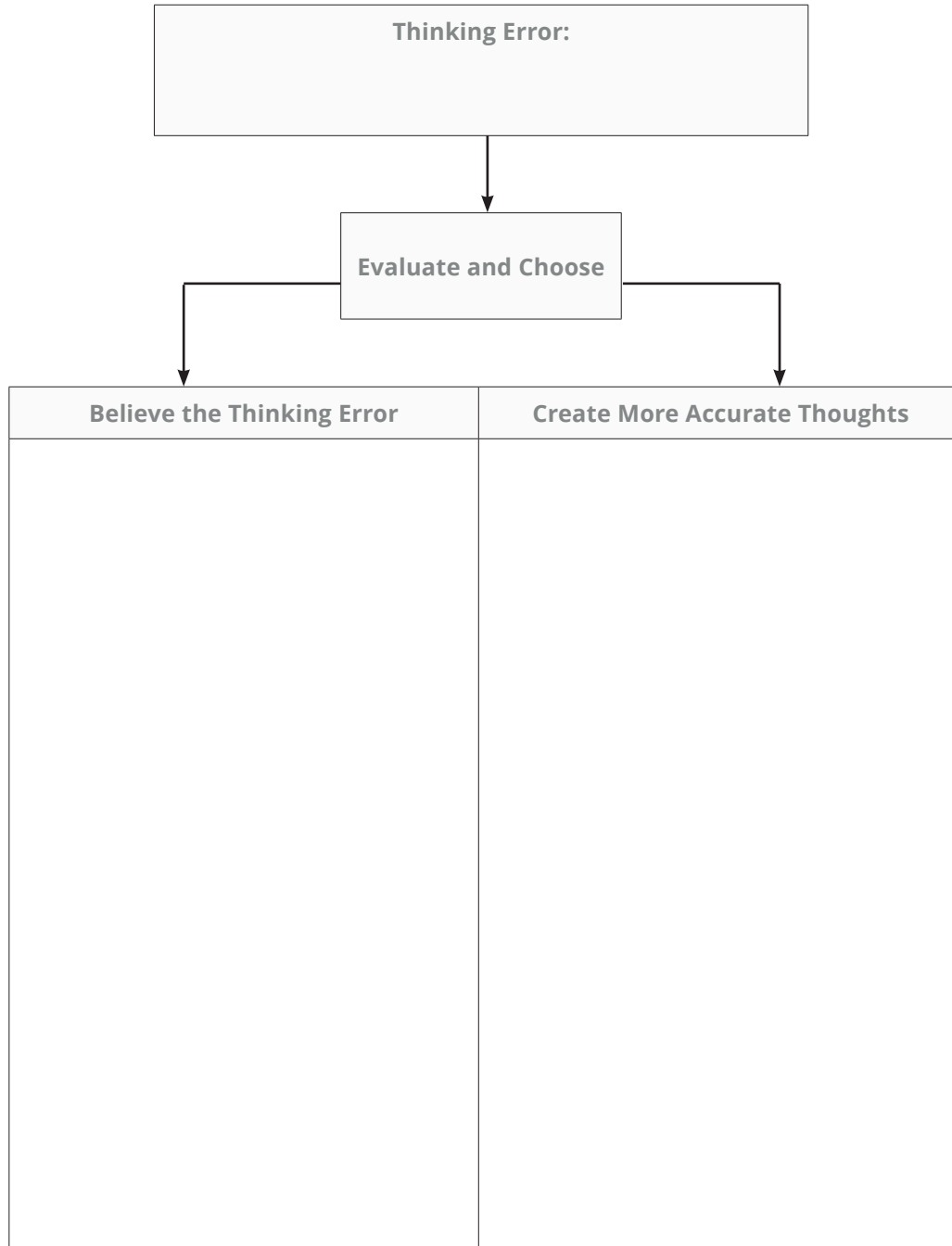
Discuss: What additional resilient or more accurate thoughts could you add to the example in Step 1?

Step 2: With a partner, fill out the diagram below using the thinking error in the box. Discuss how the Savior can lead us to more accurate thoughts.



2. HEALTHY THINKING PATTERNS

Step 3: On your own, think of a situation where you've had a thinking error. Write that thinking error in the box. Fill in the left side of the chart with thoughts that maintain the original thinking error. Then fill out the right side with more accurate thoughts, including those the Savior might have you think.



Discuss: What can we do to remind ourselves to challenge and replace our inaccurate thinking patterns with more accurate thoughts?

5. CHANGING OUR THINKING TAKES PRACTICE

Read: The final step to change our thoughts is to practice. This takes time and patience. The scriptures teach us to “let virtue garnish [our] thoughts unceasingly” (Doctrine and Covenants 121:45). Virtue can mean accurate thinking.

While thinking errors bind us and limit our happiness and ability to grow, challenging those thinking errors and replacing them with more accurate thoughts will “make [us] free” (John 8:32). Creating more accurate thoughts will help our confidence grow as we see ourselves and others in a healthier way.

This week you can practice healthy thinking patterns by completing your own “Thinking Management Chart” at the end of this chapter. Consider sharing your chart with a family member or your action partner.



PONDER—Maximum Time: 5 Minutes

Individually think about what you have learned today and consider what God would have you do. Read the quote and write your responses to the questions below.

“Our focus must be riveted on the Savior and His gospel. It is mentally rigorous to strive to look unto Him in every thought. But when we do, our doubts and fears flee.” (Russell M. Nelson, “Drawing the Power of Jesus Christ into Our Lives,” *Ensign* or *Liahona*, May 2017)

What are the most meaningful things I learned today?

What is one thing I will do as a result of what I learned today? (This will be your personal commitment for the week.)

Commitment Ideas: Complete the Thinking Management chart on page 44.
Practice challenging my thinking errors with resilient thoughts.
Identify inaccurate thinking patterns that I can work on.
Sincerely pray and ask Heavenly Father how He feels about me.



COMMIT—Maximum Time: 5 Minutes

Each week we make commitments. Your response in the Ponder section could become your personal commitment for the week. When we meet next week, we will begin by reporting on our commitments. Read through the following commitments. Besides contacting and supporting your action partner(s), decide which of the commitments below you will commit to. Please read each of your commitments aloud to your action partner. Promise to keep your commitments and then sign below.

MY COMMITMENTS

- A** I will identify one way to remember my divine identity this week (see page 33).

- B** I will write one thing I am grateful for each day and thank God for it.

- C** I will work on my personal commitment (from the Ponder section, see page 42).

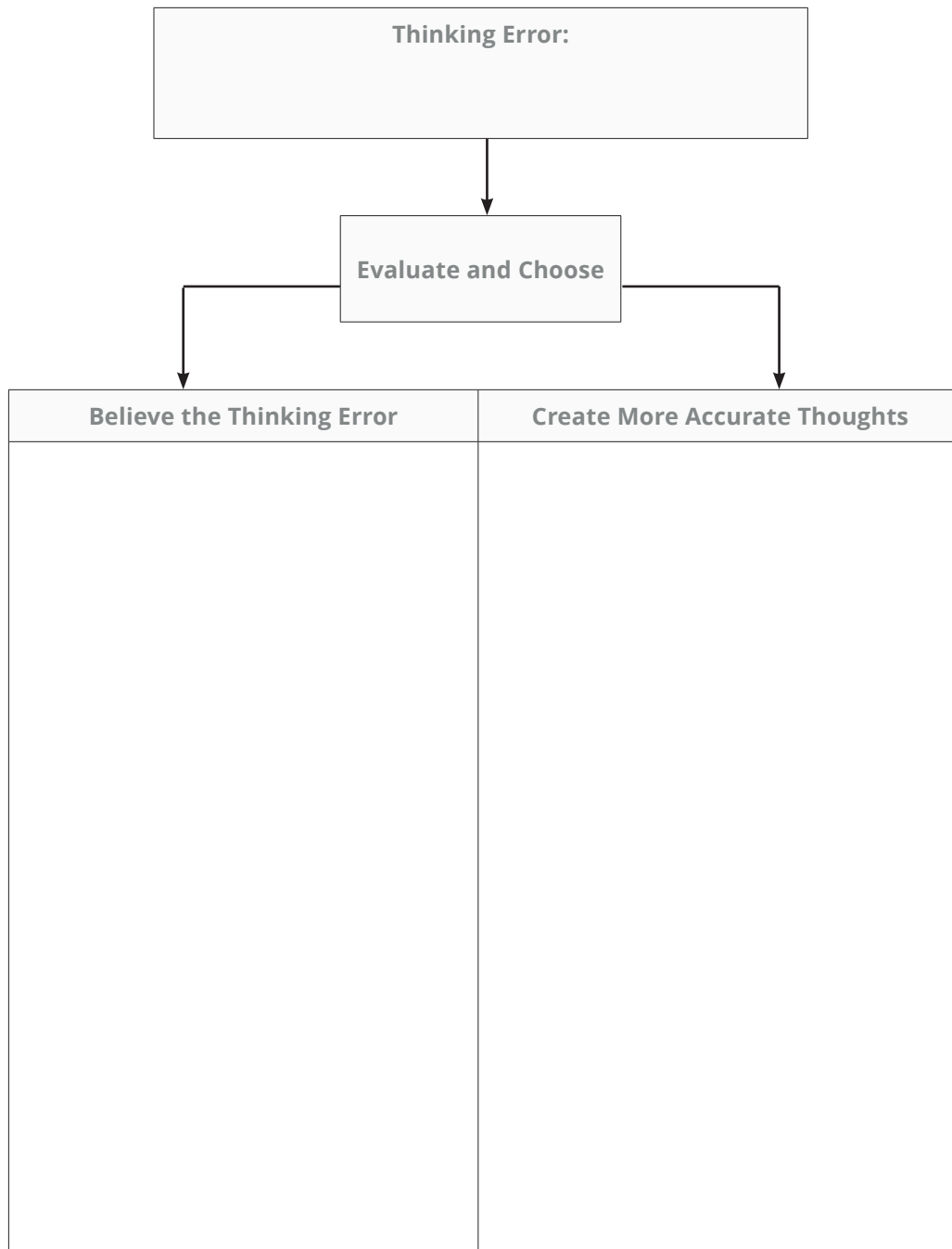
- D** I will contact and support my action partner.

- E** I will share what I learned with my family or friends.

My signature

Action partner's signature

THINKING MANAGEMENT CHART





3

OUR BODY AND EMOTIONS

“MY FOUNDATION” PRINCIPLE

- Our Bodies Are a Gift from God

EMOTIONAL VALUES AND SKILLS

1. Our Bodies Are a Gift from God
2. Regular Exercise
3. Sleep and Rest
4. Personal Hygiene
5. Healthy Eating
6. Understanding Our Emotions
7. Self-Care



REPORT—Maximum Time: 15 Minutes

STEP 1: EVALUATE WITH YOUR ACTION PARTNER (5 minutes)

Take a few minutes to think about how you did with your commitments last week. Draw a circle around the color that represents how you felt you did with each commitment. For example, the “red” circle means you gave very little effort, the “yellow” circle represents some effort, and the “green” circle is for significant effort. Share your evaluation with your action partner and have them sign off next to your self-evaluation.

- Very little effort
- Some effort
- Significant effort

Action Partner
Initials

(A)	I remembered my divine identity this week.	● ● ●	
(B)	I wrote one thing I am grateful for each day.	● ● ●	
(C)	I worked on my personal commitment.	● ● ●	
(D)	I contacted and supported my action partner.	● ● ●	
(E)	I shared what I learned with my family or friends.	● ● ●	

STEP 2: SHARE YOUR EXPERIENCES WITH THE GROUP (5 minutes)

Now share as a group the things you learned last week working on your commitments. The questions below might help the discussion.

Discuss: What experiences did you have practicing the My Foundation principle?
How did you improve your thinking patterns?

STEP 3: CHOOSE ACTION PARTNERS (5 minutes)

Choose an action partner from the group for this coming week. Generally, action partners are the same gender and are not family members.

Take a couple of minutes now to meet with your action partner. Introduce yourselves and discuss how you will contact each other throughout the week.

Action partner's name

Contact information

Write how and when you will contact each other this week.

SUN	MON	TUES	WED	THURS	FRI	SAT



MY FOUNDATION: OUR BODIES ARE A GIFT FROM GOD—Maximum Time: 20 Minutes

Ponder: What blessings have you received from having a body?

Watch: “God’s Greatest Creation” (ChurchofJesusChrist.org/media-library/video/2013-10-017-gods-greatest-creation?lang=eng [2:51]). (No video available? Read page 51.)

Discuss: How does having a physical body prepare us to become like our Heavenly Father?

Read: The quotes by Elder David A. Bednar (see the column on the right)

Discuss: How can mistreating our body affect our emotional resilience?

ACTIVITY (5 MINUTES)

Read: The Apostle Paul taught, “What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God’s.” (1 Cor. 6:19–20).

Step 1: With a partner, think of temples you’ve seen or visited. Consider thinking of what you see, feel, smell, and touch at the temple and temple grounds.

Step 2: Together discuss some comparisons between these sacred buildings and the way we can use or treat our physical bodies as a temple. Complete the chart below.

Temple Building	My Body as a Temple
<i>Example</i> Temple buildings are clean.	My dress and appearance can be clean and presentable.

Step 3: As a group, discuss some of your answers.

“Because a physical body is so central to the Father’s plan of happiness and our spiritual development, Lucifer seeks to frustrate our progression by tempting us to use our bodies improperly.”

DAVID A. BEDNAR,
“Watchful unto Prayer Continually,” *Ensign* or *Liahona*, Nov. 2019

“President Russell M. Nelson has taught that spiritual safety ultimately lies in ‘never taking the first enticing step toward going where you should not go and doing what you should not do.’ ... As human beings we all have [physical] appetites necessary for our survival. These appetites are absolutely essential for the perpetuation of life. So, what does the adversary do? . . . He attacks us through our appetites. He tempts us to eat things we should not eat, to drink things we should not drink, and to love as we should not love!”

DAVID A. BEDNAR,
“Watchful unto Prayer Continually,” *Ensign* or *Liahona*, Nov. 2019

Read: The quote by President Boyd K. Packer and Alma 40:23 (see the column on the right).

Discuss: How can an eternal perspective change how you feel about your current physical limitations?

Commit: I will choose one way I will better treat my body like a temple:

“Even the severe tests of health or a handicapped or disabled body can refine a soul for the glorious day of restoration and healing which surely will come. Your body really is the instrument of your mind and the foundation of your character.”

BOYD K. PACKER, “Ye Are the Temple of God,”
Ensign, Nov. 2000

“The soul shall be restored to the body, and the body to the soul; yea, and every limb and joint shall be restored to its body; yea, even a hair of the head shall not be lost; but all things shall be restored to their proper and perfect frame.”

ALMA 40:23

GOD'S GREATEST CREATION

If you are unable to watch the video, read this script.

PRESIDENT RUSSELL M. NELSON:



Anyone who studies the workings of the human body has surely "seen God moving in his majesty and power." Each eye has an autofocusing lens. Nerves and muscles control two eyes to make a single three-dimensional image. Each ear is connected to compact equipment designed to convert sound waves into audible tones.

Your heart is an incredible pump. It has four delicate valves that open and close more than 100,000 times a day. Think of the body's defense system. It perceives pain. It generates antibodies. The body renews its own outdated cells and regulates the levels of its own vital ingredients.

The many amazing attributes of your body attest to your own divine nature. The Apostle Paul described it as a "temple of God." How could this be? Because your body is the temple for your spirit, and how you use your body affects your spirit. God is the Father of our spirits. We are part of His divine purpose. And when He created us physically, we were created in the image of God.

Development of the spirit is of eternal consequence. When we truly know our divine nature, then we will control our appetites. We will focus our eyes on sights, our ears on sounds, and our minds on thoughts that are a credit to our physical creation as a temple of our Father in Heaven. For these physical gifts, thanks be to God!

Back to page 50.



LEARN—Maximum Time: 60 Minutes

1. OUR BODIES ARE A GIFT FROM GOD

Read: Your loving Heavenly Father provided you with the gift of a body to house your spirit (D&C 88:15). A healthy body is important to being emotionally resilient. As you take better care of your physical health, your emotional health will also improve, and vice versa. Some ways you can better care for the body Heavenly Father has given you includes regular exercise, plenty of rest, personal hygiene, and healthy eating.

2. REGULAR EXERCISE

Read: Regular exercise can greatly benefit your emotional health. Physical activity stimulates your brain and releases chemicals that help with your emotions and ability to see situations clearly. Taking time to be active can leave you feeling happier, more relaxed, and less anxious. Physical activity can also be an opportunity to use your body and connect with family and friends in a fun, social setting.



ACTIVITY (3 minutes)

Step 1: Individually consider your current circumstances. What physical activities could help your emotional health? Write your ideas below.

_____	_____
_____	_____
_____	_____

Step 2: Using the chart below, create a plan to do a physical activity this week and share your plan with a partner. Often, it is easier to start by doing an activity with someone else.

DAY	ACTIVITY	TIME	HOW WILL YOU DO IT?
Example: Monday	Walking	30 mins	7:00 am with Maria
Sunday			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			

Read: *If you haven't exercised for a long time, have chronic health problems (heart disease, diabetes, arthritis), or have other concerns, check with a medical professional before starting a new exercise plan.*

3. SLEEP AND REST

Read: The need for sleep and rest is often forgotten. Elder Jeffrey R. Holland said, "Fatigue is the common enemy of us all—so slow down, rest up, replenish, and refill. Physicians promise us that if we do not take time to be well, we most assuredly will take time later on to be ill." ("Like a Broken Vessel," *Ensign* or *Liahona*, Nov. 2013). Quality sleep can help protect your mental health, physical health, quality of life, and safety. When you're tired, you might find it hard to make decisions, solve problems, control your emotions and behavior, and handle change.

Read: Rest is more than getting enough sleep. The world is fast-paced and you may feel pressured to keep up. The Book of Mormon teaches, “It is not requisite that a man should run faster than he has strength” (Mosiah 4:27). You may be in a phase of life that seems overwhelming (such as raising young children or caring for a sick loved one). You can also be affected by emotional challenges that cause you to want to sleep longer than needed. Staying in bed too long can be harmful to your mental and emotional health. The Lord loves you and knows our unique circumstances. He can direct you to ideas and resources that will be helpful for your situation.

Discuss: How does fatigue affect our spiritual, physical, social, and emotional well-being?

Read: *If you often sleep too much or too little, consider seeking help from a doctor.*



ACTIVITY (5 minutes)

Step 1: Individually consider the following questions:

In what areas of my life do I need to slow down?

What could I do that would provide me rest?

When could I create space in my daily routine to rest?

Step 2: With a partner, talk about what you can do to rest more.

4. PERSONAL HYGIENE

Read: We show respect for our bodies when we treat and talk about them positively. Prioritizing small things like washing our hands, bathing regularly, brushing our teeth, and keeping our clothes clean will improve our health and can help us feel better about ourselves.

Discuss: What changes do you notice in yourself when you practice good personal hygiene?

5. HEALTHY EATING

Read: The Savior taught the Prophet Joseph Smith about healthy living in 1833 and it became known as the Word of Wisdom (D&C 89). This revelation provides direction regarding what we should eat and drink and what we should avoid. The Lord promises good health, stamina, protection, knowledge, and wisdom to those who obey the Word of Wisdom.

In one of his final general conference talks, President Thomas S. Monson said, “May we care for our bodies and our minds by observing the principles set forth in the Word of Wisdom, a divinely provided plan. With all my heart and soul, I testify of the glorious blessings which await us as we do” (“Principles and Promises,” *Ensign* or *Liahona*, Nov. 2016).

Discuss: What are some ways we can better care for the body Heavenly Father has given us?

3. OUR BODY AND EMOTIONS

Read: Make sure to drink plenty of clean water throughout the day. Eat enough of the right food to fuel your body so you have the energy you need to accomplish your daily tasks. In general, consider eating more vegetables, fruit, whole grains, legumes, and nuts; and consider reducing refined sugar, salt, sweetened beverages, and saturated fat.

You may also want to talk to someone you know about your eating habits. Discuss some ways that you can better fuel your body. As you work to live a healthier life, you may not see results right away. But you can know that you are doing your best to take care of the body God has given you.

Read: *One symptom of an eating disorder would be to focus on food and exercise to the point where you can't concentrate on other aspects of your life.*

If you find your eating habits limit your activities or impair your health, please seek medical help.

6. UNDERSTANDING OUR EMOTIONS

Read: Your body experiences strong emotions. Becoming emotionally resilient requires you to acknowledge, accept, and respond to your emotions in a healthy way. Emotions are a normal part of our mortal experience. Sometimes your emotions may be strong, and it can be challenging to respond to them. When you allow your emotions to decide your behaviors, you surrender to your emotions rather than using your agency to respond to your emotions.

Discuss: How does striving to manage our emotions help us become more Christ-like?

Read: The first step in managing emotions is becoming aware of them. One tool that can help is an emotions journal, which is a reflection of the emotions you have felt. In an emotions journal you record the emotion you feel, the situation you were in, the actions you took because of the emotions. Then ponder these feelings and situations. As you track your emotions, look for patterns and trends. Consider writing in your emotions journal daily. See the example below.

Emotion	Situation	Actions taken because of the emotion	Ponder
<i>Example</i> Today I felt angry and hurt.	I got in a big argument with my dad.	I got really upset and yelled at him and lashed out at my friends. I felt bad about it.	I should talk to my dad about how I feel instead of getting angry at him.
<i>Example</i> Today I felt joy and love.	I heard a heartfelt prayer that touched me.	I thanked Heavenly Father for His love, and I thought about how I pray.	I want to feel this way again by trying to connect better to Heavenly Father through prayer.

Read: Elder Richard G. Scott taught, “Yielding to emotions such as anger or hurt or defensiveness will drive away the Holy Ghost.” Of course, we will all feel anger and hurt at times. Sometimes we are even justified in feeling these emotions. However, it is important for us to resolve these feelings if we want to better connect with the Lord and feel the Spirit.

Elder Scott also suggested a way that emotion can help us feel the Spirit and be more resilient: “A good sense of humor helps revelation . . . A sense of humor is an escape valve for the pressures of life” (“How to Obtain Revelation and Inspiration for Your Personal Life,” *Ensign* or *Liahona*, May 2012).

Discuss: How can learning to manage your emotions help you more easily feel the Spirit?

7. SELF-CARE

Read: When you face challenges, you need to do all you can to take care of yourself. Doing all you can means using the resources you have in your life to support you in whatever challenges you are facing. Below is a list of ideas for self-care.

- Take a nap
- Visit with a friend
- Slow down
- Take a shower or bath
- Exercise
- Read a book
- Listen to music
- Create something
- Pray
- Take a walk
- Make a list of things you are grateful for
- Enjoy a nice meal
- Dance
- Sing
- Use relaxation techniques (see pages 72 and 82)



ACTIVITY (3 minutes)

Step 1: Individually consider the following questions.

What do I currently do to take care of myself?

What activities might I try to take better care of myself?

When can I make time to take better care of myself?

Step 2: With a partner, discuss ideas you have had about ways you can take better care of yourself.



PONDER—Maximum Time: 5 Minutes

Individually think about what you have learned today and consider what God would have you do. Read the scripture and write your responses to the questions below.

“And all saints who remember to keep and do these sayings, walking in obedience to the commandments, shall receive health in their navel and marrow to their bones; And shall find wisdom and great treasures of knowledge, even hidden treasures; And shall run and not be weary, and shall walk and not faint. And I, the Lord, give unto them a promise, that the destroying angel shall pass by them, as the children of Israel, and not slay them. Amen.”
(Doctrine and Covenants 89:18–21)

What are the most meaningful things I learned today?

What is one thing I will do as a result of what I learned today? (This will be your personal commitment for the week. If you can't think of a commitment, some potential ideas are listed below.)

Commitment Ideas: Follow an exercise plan.
Get more rest and sleep.
Practice good personal hygiene.
Talk to a friend or family member about my eating habits.



COMMIT—Maximum Time: 5 Minutes

Each week we make commitments. Your response in the Ponder section could become your personal commitment for the week. When we meet next week, we will begin by reporting on our commitments. Read through the following commitments. Besides contacting and supporting your action partner(s), decide which of the commitments below you will commit to. Please read each of your commitments aloud to your action partner. Promise to keep your commitments and then sign below.

MY COMMITMENTS

- A** I will choose one way I will better treat my body like a temple (see page 51).

- B** I will write one thing I am grateful for each day and thank God for it.

- C** I will work on my personal commitment (from the Ponder section, see page 60).

- D** I will contact and support my action partner.

- E** I will share what I've learned with my family or friends.

My signature

Action partner's signature



4

MANAGING STRESS AND ANXIETY

“MY FOUNDATION” PRINCIPLE

- Use Time Wisely

EMOTIONAL VALUES AND SKILLS

1. What are Stress and Anxiety?
2. Understanding Levels of Stress
3. Use Mindfulness to Reduce Stress
4. Accessing Godly Power
5. Perfectionism



REPORT—Maximum Time: 15 Minutes

STEP 1: EVALUATE WITH YOUR ACTION PARTNER (5 minutes)

Take a few minutes to think about how you did with your commitments last week. Draw a circle around the color that represents how you felt you did with each commitment. For example, the “red” circle means you gave very little effort, the “yellow” circle represents some effort, and the “green” circle is for significant effort. Share your evaluation with your action partner and have them sign off next to your self-evaluation.

- Very little Effort
- Some Effort
- Significant Effort

Action Partner
Initials

(A)	I treated my body like a temple.	● ● ●	
(B)	I wrote one thing I am grateful for each day.	● ● ●	
(C)	I worked on my personal commitment.	● ● ●	
(D)	I contacted and supported my action partner.	● ● ●	
(E)	I shared what I learned with my family or friends.	● ● ●	

STEP 2: SHARE YOUR EXPERIENCES WITH THE GROUP (5 minutes)

Now share as a group the things you learned last week working on your commitments. The questions below might help the discussion.

Discuss: What experiences did you have practicing the My Foundation principle?
How did you better care for your body?

STEP 3: CHOOSE ACTION PARTNERS (5 minutes)

Choose an action partner from the group for this coming week. Generally, action partners are the same gender and are not family members.

Take a couple of minutes now to meet with your action partner. Introduce yourselves and discuss how you will contact each other throughout the week.

Action partner's name

Contact information

Write how and when you will contact each other this week.

SUN	MON	TUES	WED	THURS	FRI	SAT



MY FOUNDATION: USE TIME WISELY

—Maximum Time: 20 Minutes

Ponder: Why is time one of God’s greatest gifts?

Watch: “The Gift of Time,” available at srs.ChurchofJesusChrist.org/videos [2:27]. (If you are unable to watch the video, read the script on page 69.)

Discuss: What did you learn from Sister Benkosi?

Read: Alma 34:32, the quote by President Brigham Young (on the right) and the quote by Elder David A. Bednar (see page 69)

“For behold, this life is the time for men to prepare to meet God; yea, behold the day of this life is the day for men to perform their labors.”

ALMA 34:32

ACTIVITY

Step 1: With a partner, read the five steps you can take each day to use your time well.

1	2	3	4	5
LIST TASKS	PRAY	SET PRIORITIES	ACT	REPORT
Each morning, make a list of tasks to do. Add names of people to serve.	Pray for guidance. Review your list of tasks. Listen. Commit to do your best.	On your list of tasks, put a 1 by the most important, a 2 by the next most important, and so on.	Listen to the Spirit. Work hard. Start with the most important task and work your way down the list.	Each night, report to Heavenly Father in prayer. Ask questions. Listen. Repent. Feel His love.

Step 2: On a separate piece of paper, list your tasks. These should be important tasks for your work, school, church, or family service—not just daily chores. Pray about and prioritize your list.

Step 3: Tomorrow you should set goals, act, and report how you’ve used your time.

Commit: I will practice these steps every day to use my time more wisely and report each night to Heavenly Father in my prayers.

“Time is all the capital stock there is on the earth. . . . If properly used, it brings that which will add to your comfort, convenience, and satisfaction. Let us consider this, and no longer sit with hands folded, wasting time.”

BRIGHAM YOUNG,
in *Discourses of Brigham Young*,
sel. John A. Widtsoe
(1954), 214

THE GIFT OF TIME

If you are unable to watch the video, choose roles and read this script.

KOFI: Hello, Sister Benkosi. How are you?

SISTER BENKOSI: Are you okay, Kofi?

KOFI: Oh, Sister Benkosi. I'm so busy. I have to work and serve and help my family . . . and then my football, too. I have no time!

SISTER B.: Kofi, you have all the time there is.

KOFI: What?

SISTER B.: My boy, God has given us a great gift—our time. We must do with it what matters most.

KOFI: But how, Sister Benkosi? You have always done so much. You have succeeded with your family, with your business. You have served and blessed many, like me. I don't know how you do it.

SISTER B.: Do you really want to know? If you will sit still and listen, I will tell you my secret.

Every morning I rise before the sun. I dress and wash my face and hands.

I read the scriptures. Then I make a list of what I should do that day.

I think of who I might serve. I pray to know God's will. And I listen.

Sometimes the names or faces of people come to mind. I add them to my list.

KOFI: Is that how you always know just who needs your service?

SISTER B.: Yes, Kofi. And I pray for strength and wisdom. I pray that God will "consecrate [my] performance." It

says that in 2 Nephi 32.

I thank Him. I promise to do my best. I ask that He will do what I cannot.

Then I look at my list. I put a 1 by the most important thing, then a 2.



KOFI: How do you know the priorities?

SISTER B.: I listen when I pray! Then I go to work. I look at number 1 and try to do it first, then number 2.

Sometimes things change. The Holy Ghost tells me to do something else. That is good.

I work very hard, but I have peace. I know God will help me.

So, with my list and the Spirit, I do what matters, Kofi.

KOFI: That sounds simple and hard at the same time.

SISTER B.: You are right! When I finally prepare for bed, I pray. I report to Heavenly Father. I tell Him how the day went. I ask questions. I ask what I can do better. I listen. I often feel His love. I know He magnifies what I try to do. Then I have peace, Kofi, and I sleep.

KOFI: That is good, Mama Benkosi. I want this peace. I want to use my time. I want to work and serve better.

"We easily can be overcome by the routine and mundane matters of mortality. Sleeping, eating, dressing, working, playing, exercising, and many other customary activities are necessary and important. But ultimately, what we become is the result of our knowledge of and willingness to learn from the Father, the Son, and the Holy Ghost; it is not merely the sum total of our daily pursuits over the course of a lifetime."

DAVID A. BEDNAR,
"Exceeding Great and Precious Promises,"
Ensign or Liahona,
Nov. 2017

Back to page 68.



LEARN—Maximum Time: 60 Minutes

1. WHAT ARE STRESS AND ANXIETY?

Read: Stress is a normal part of life. It is how the brain and body respond to any demand, such as a problem at work, a test at school, or an important decision. The right amounts of stress can help you focus, reach your goals, and protect your body.

Stress helps keep you alive, but too much stress for too long can hurt you. If you are dealing with too much stress, you might get sick often, have headaches, feel angry, have drastic changes in your appetite, or experience a lack of focus.

Worry is also a normal part of life, but too much worry can cause anxiety. Anxiety is a feeling of excessive worry or nervousness. Stress and anxiety share many of the same symptoms. Anxiety doesn't fade into the distance once the situation is over. It hangs around and can cause significant barriers in our life.

Stress can be helpful. For example, if you have some stress about your job, you will likely come to work prepared and focused on your tasks. However, when stress levels increase, you may start to feel anxiety about your job, and you may not want to go to work because you fear something bad will happen or that you will not be good enough.

You can learn to recognize when you are under too much stress or anxiety and how to manage it. For example, learning to control and challenge your inaccurate thoughts can reduce anxious feelings (see the chapter “Healthy Thinking Patterns”).

Discuss: How have stress and worry helped or hurt us?

2. UNDERSTANDING LEVELS OF STRESS

Read: Like gauges on a car's dashboard that remind you to slow down, get gas, or check the engine, these symptoms of stress are signals to remind you to slow down, fill up your spiritual “tank,” and look for new solutions. As you work to manage your stress effectively, it may help to categorize stress into four different levels. See the chart on page 71.



ACTIVITY (5 minutes)

Step 1: You may experience different levels of stress at different times. You may feel orange today and green tomorrow. Becoming more emotionally resilient will help you experience green more often. Individually read through the four levels of stress. Mark the level that best describes how you feel right now.

STRESS LEVELS		
	If You Feel . . .	What to Do
Green	Confident Content Ready to meet challenges Able to get along with others Able to feel the Spirit easily	This is the level people desire to be in, but it is normal to fluctuate. Keep going. In the green level, you are handling the everyday stresses of family, work, learning, and progressing in a healthy way.
Yellow	Tense Concerned Worried Insecure Difficulty connecting with others Distracted from feeling the Spirit	It is normal to spend some time at the yellow level. Be kind to yourself as you cope with the challenges of life. Participate in relaxing activities, such as the ones suggested in this chapter on pages 74–75 to help increase your ability to manage stress.
Orange	Exhausted (physically and emotionally) Overwhelmed Ill (for example, an upset stomach) Easily angered Deeply discouraged Difficulty feeling the Spirit	No one enjoys being at the orange level of stress, but this doesn't have to be permanent. Engage in relaxing activities and remember good experiences. If you stay at the orange level for more than a few days or feel overwhelmed, ask for help.
Red	Constantly overwhelmed Feeling isolated from others Hopeless Difficulty eating or sleeping normally Unable to continue Like you have been abandoned by God	If you are at this level, ask for help. If you are able to, consider taking a break or doing something that helps you emotionally until you can meet with a health care professional.

Step 2: Think of the times when your stress level was green. What helped you to feel that way?

Step 3: As a group, discuss your answers from step 2.

Read: *Those who find it hard to handle day-to-day life may have a health issue. An emergency may cause you to suddenly move into the orange or red zones. People should seek professional help right away if they feel they cannot cope or are using harmful substances. Those who have thoughts of suicide should go to the nearest hospital emergency room and reach out to their bishop or other Church leader. See suicide.ChurchofJesusChrist.org for helplines and resources.*

Anyone in North America can call the National Suicide Prevention Line at (800) 273-8255.

3. USE MINDFULNESS TO REDUCE STRESS

Read: Stress and inaccurate thinking patterns can dominate and distort our thoughts, and we may often find ourselves not being fully present. Our attention can wander or we may check out and focus on things other than what's happening around us.

However, mindfulness is a skill that will help us be more emotionally resilient. It is paying attention to what your body is telling you in the here and now. It can help reduce stress and anxiety and increase our sense of well-being and confidence. Mindfulness also helps us avoid being overly reactive or overwhelmed by what's happening around us.

Discuss: What helps you focus, even when you are stressed?

Ponder: On a scale of 1 to 10, how stressed am I feeling right now?

ACTIVITY (5 minutes)

Facilitator Note: As with all activities, do not change or enhance this activity.

In mindfulness you will practice stillness. This activity is just one example. The facilitator will read the steps below while the class members follow along.

Step 1: Sit in a comfortable place where you can be still for a few minutes (You can either sit or lie down when doing this at home). Close your eyes.

Step 2: Begin by taking several long slow breaths, breathing in fully through your nose and exhaling fully through your mouth. Allow your breath to find its own natural rhythm. Notice the physical sensations of your lungs expanding and contracting as you breathe in and out. If your mind wanders to other things, don't worry, that happens. If you get distracted, just notice the types of thoughts, feelings, and sensations that distract you. Observe them without trying to control them or judge them and simply bring your attention back to your breathing. Your breathing provides an anchor to which you can return over and over again.

Step 3: Practice being present with your breathing. Again, if your mind wanders, notice the thoughts, feelings, and sensations that distract you and allow them to flow past you like clouds in the sky. Breathe with this perspective for one minute.

Step 4: As this exercise comes to an end, slowly allow your attention to expand and notice your body and the room around you. When you're ready, open your eyes and come back to being fully aware of your surroundings. Remember that breathing is always a tool that can help you relax and be present at any time.

Step 5: On a scale of 1 to 10, rate how stressed you feel now.

Discuss: Did the mindfulness exercise help reduce your stress level?

Tip: The exercise above can be done by yourself at any time. Consider learning more about mindfulness and other relaxation techniques using the resource at the end of this chapter.

4. ACCESSING GODLY POWER

As you watch the video below, think of ways that you can reach towards the Savior.

Watch: “Reach Up to Him in Faith”

([ChurchofJesusChrist.org/media-library/video/2018-01-0060-reach-up-to-him-in-faith](https://www.ChurchofJesusChrist.org/media-library/video/2018-01-0060-reach-up-to-him-in-faith) [3:54])

Discuss: How can always remembering the Savior help us better manage stress and anxiety?



ACTIVITY (10 minutes)

Step 1: On your own, read the following ways to manage stress and anxiety. Circle the ideas you may want to try.

1. Talk with God. Know that He understands. Imagine Him sitting close to you, listening and offering support.

2. Ponder. Reflect on times you've felt blessed by the Lord and seen His hand and mercy in your life. “Be still, and know that I am God” (Psalm 46:10)

3. Look at your expectations. Sometimes our greatest worries and stress come when life doesn't turn out the way we hoped or planned. We can learn from our stressful experiences. “All things shall give thee experience and shall be for thy good. . . .Therefore, hold on. . . .” (D&C 122:7, 9).

4. Take a short break. Take several slow deep breaths, stretch, and relax physically. When your body and mind are calm again, you will be able to think more clearly. Take a walk, get some food or a drink, or just sit and think for a few minutes.

5. Be aware of when you're stressed. Sometimes you may not realize you're stressed. You may experience difficulty sleeping, get angry easily, feel depressed, or have low energy. Check in with yourself at least once a day to see how you are doing.

6. Focus on gratitude. Notice what is around you. Focus for a few minutes on what is right, good, and positive about yourself and the world. Start a gratitude journal and write at least five specific things you are grateful for each day.

7. Be active. We have been given a body and a world to enjoy. Make a plan to use your body to get out and enjoy these gifts. Even a few minutes of walking can help boost your mood and reduce stress.

8. Limit technology use. Social media, computers, and TVs, especially at the start and end of the day, can increase feelings of anxiety or stress. Try starting and ending your day without phones or computers. Go a day or week without social media or TV and see how you feel.

9. Be kind to yourself. Talk to yourself with the same kind, comforting words you would use with a loved one. Thoughts of helplessness, hopelessness, or harsh condemnation are not from God and cause more stress and anxiety.

10. Help someone else. Refocus your energy by serving someone else. Our ultimate goal is to love others when we are suffering, like Christ did when He was on the cross. As hard as it can be, we can get better perspective on our lives when we stop and think of others and look for ways to help.

11. Try a relaxing activity. Everyone relaxes in different ways. Maybe you enjoy painting, listening to music, reading a book, or being outside. When you are stressed or anxious, take time to remember what brings you joy and calms you. Make time to do those things, even if you think you are too busy.

12. Stay connected with friends and family. Being with those who love and support you can help reduce stress. You were made for connection. There is no shame in sharing what you're going through. Help your friends and family understand what you are experiencing.

13. Take it one step at a time. You can ask yourself, "What is the most important thing I can be doing right now?" Maybe it is, "All I need to do right now is wait for my bus," or, "All I have to do right now is clean the dishes." Decide what must get done now and what can wait. Learn to not feel guilty for saying "no" to something that can wait.

14. Practice mindfulness. Use the exercises on page 73 and at the end of this chapter to practice being present. Find ways to remind yourself to be more present throughout the day.

Step 2: In the table below, individually write a few of the ideas to reduce stress and anxiety that you want to try. Make a plan for when and how you will use the technique.

<p>WAY TO REDUCE STRESS AND ANXIETY</p>	<p>WHEN AND HOW</p>
<p><i>Example</i> Take a short break.</p>	<p><i>Example</i> I will set a reminder on my phone to take five-minute breaks at lunchtime and before returning home from work.</p>

5. PERFECTIONISM

Read: Perfectionism is the belief that if we are not perfect in everything, we are a failure and not good enough for God or anyone else. However, we know the Lord has given us weakness to help us stay humble and teachable (see Ether 12:27).

“Our only hope for true perfection is in receiving it as a gift from heaven—we can’t ‘earn’ it. Thus, the grace of Christ offers us not only salvation from sorrow and sin and death but also salvation from our own persistent self-criticism...Brothers and sisters, every one of us aspires to a more Christlike life than we often succeed in living. If we admit that honestly and are trying to improve, we are not hypocrites; we are human...If we persevere, then somewhere in eternity our refinement will be finished and complete—which is the New Testament meaning of perfection” (Jeffrey R. Holland, “Be Ye Therefore Perfect—Eventually,” *Ensign or Liahona*, Nov. 2017).

Read: Four principles for increasing self-compassion and decreasing perfectionism:

1. Become aware of perfectionism in our thoughts, feelings, and actions.
2. Challenge those thoughts, feelings, and actions of perfectionism.
3. Accept our mistakes as part of life, and don’t fear making mistakes.
4. Develop self-compassion, or accept and love yourself, including your imperfections.

Watch: “Perfectionism: Will I Ever Be Good Enough?”

([ChurchofJesusChrist.org/inspiration/latter-day-saints-channel/watch/series/his-grace/perfectionism-will-i-ever-be-good-enough?lang=eng](https://www.ChurchofJesusChrist.org/inspiration/latter-day-saints-channel/watch/series/his-grace/perfectionism-will-i-ever-be-good-enough?lang=eng) [4:34]).

Discuss: How did Olivia become more self-compassionate and challenge her perfectionism?

GROUP EVALUATION (10 minutes)

We have been meeting as a group for the last four weeks. Individually, answer each of the following questions honestly about your experience so far.

HOW DO I FEEL ABOUT THIS EXPERIENCE?	Never	Some-times	Often	Always
1. Each group member reports on his or her commitments.				
2. Our group starts and ends on time.				
3. Everyone in the group participates.				
4. I feel the Spirit at our group meetings.				
5. I don't dominate the group discussion.				
6. I feel a bond with my group members.				
7. I feel that I'm becoming more emotionally resilient.				
8. I feel accepted by my group members.				

Discuss: What can we do to improve our group experience?



PONDER—Maximum Time: 5 Minutes

Individually think about what you have learned today and consider what God would have you do. Read the quote and write your responses to the questions below.

“It isn’t as bad as you sometimes think it is. It all works out. Don’t worry. I say that to myself every morning. It will all work out. If you do your best, it will all work out. Put your trust in God, and move forward with faith and confidence in the future. The Lord will not forsake us. He will not forsake us.” (Gordon B. Hinckley, “Latter-day Counsel: Excerpts from Addresses of President Gordon B. Hinckley,” *Ensign*, Oct. 2000)

What are the most meaningful things I learned today?

What is one thing I will do as a result of what I learned today? (This will be your personal commitment for the week.)

Commitment Ideas: Practice my plan to reduce stress and anxiety (on page 76).
Try one of the relaxation exercises (on page 82).
Practice mindfulness, or living in the present.



COMMIT—Maximum Time: 5 Minutes

Each week we make commitments. Your response in the Ponder section could become your personal commitment for the week. When we meet next week, we will begin by reporting on our commitments. Read through the following commitments. Besides contacting and supporting your action partner(s), decide which of the commitments below you will commit to. Please read each of your commitments aloud to your action partner. Promise to keep your commitments and then sign below.

MY COMMITMENTS

- A** I will practice the steps to use my time wisely and report each night to Heavenly Father in my prayers (see page 68).

- B** I will write one thing I am grateful for each day and thank God for it.

- C** I will work on my personal commitment (from the Ponder section, see page 80).

- D** I will contact and support my action partner.

- E** I will share what I've learned today with family or friends.

My signature

Action partner's signature

RESOURCES

IDEAS FOR RELAXATION	
MUSIC	<p>There is evidence that music can help reduce anxiety and stress. When you are feeling stressed or discouraged, sing to yourself or listen to a favorite piece of music. “Hymns [good music] can lift our spirits, give us courage, and move us to righteous action. They can fill our souls with heavenly thoughts and bring us a spirit of peace” (“First Presidency Preface to Hymns,” <i>Hymns</i>, 1985).</p>
PROGRESSIVE RELAXATION EXERCISE	<p>Deep relaxation helps your body recover from stress. Practice this exercise at night before you sleep to train your body to relax. Do a shorter version of this exercise during the day anytime you feel stressed. Lie or sit comfortably and close your eyes.</p> <p>Look for any tension you may be carrying, concentrating on one part of your body at a time. Consciously relax each part of your body. Feel all the tension draining away, like sand running through your fingers. Take your time. If you still feel tension, tighten the tense part of your body for ten seconds and then release for ten seconds.</p> <p>Focus on one area of your body at a time: your head and face, eyes, jaw, neck, shoulders and back, arms, hands and fingers, chest and abdomen, legs, and feet and toes.</p> <p>Mentally scan your body for any remaining tension, then completely relax. Focus on a memory or imagined setting that brings you peace and joy. Try to imagine the scene as vividly as possible until you feel ready to open your eyes again.</p>
MINDFULNESS USING THE FIVE SENSES	<p>Focusing on your senses can help you practice mindfulness. For several minutes silently observe your surroundings. As you do, try to do the following:</p> <p><i>Notice five things that you can see.</i> Look around you and bring your attention to five things that you can see. Pick something that you don’t normally notice, like a shadow or a small crack. <i>Notice four things that you can feel.</i> Pay attention to four things you are currently feeling, like the texture of your clothes, the feeling of the breeze on your skin, or the smooth surface of a table you are resting your hands on. <i>Notice three things you can hear.</i> Take a moment to listen, and note three things that you hear in the background. This can be the chirp of a bird, the hum of a refrigerator, or the faint sounds of traffic from a nearby road. <i>Notice two things you can smell.</i> Be aware of smells that you usually filter out, whether they’re pleasant or unpleasant. You might notice a whiff of pine trees if you’re outside or the clothes you are wearing. <i>Notice one thing you can taste.</i> Focus on one thing that you can taste right now, at this moment. You can take a sip of a drink, chew a piece of gum, eat something, or notice the current taste in your mouth.</p>
VISUALIZATION	<p>In this relaxation technique, you will form mental images to take a visual journey to a peaceful, calming place or situation. Start by imagining a place that makes you happy. This can be a real place or an imagined place. During visualization, try to use as many senses as you can, including smell, sight, sound, and touch. If you are visualizing relaxing at the ocean, you might think about the smell of saltwater, the sound of crashing waves, and the warmth of the sun on your body. You may want to close your eyes, sit in a quiet spot, and make sure your clothing is comfortable.</p>

NOTE: You can also use the mindfulness activity on page 73.



Notes



5

UNDERSTANDING SADNESS AND DEPRESSION

“MY FOUNDATION” PRINCIPLE

- Live a Balanced Life

EMOTIONAL VALUES AND SKILLS

1. The Difference between Sadness and Depression
2. Factors That Can Lead to Emotional Challenges
3. Symptoms of Depression
4. Ways to Get Help
5. Grief
6. Ways to Offer Help



REPORT—Maximum Time: 15 Minutes

STEP 1: EVALUATE WITH YOUR ACTION PARTNER (5 minutes)

Take a few minutes to think about how you did with your commitments last week. Draw a circle around the color that represents how you felt you did with each commitment. For example, the “red” circle means you gave very little effort, the “yellow” circle represents some effort, and the “green” circle is for significant effort. Share your evaluation with your action partner and have them sign off next to your self-evaluation.

- Very little Effort
- Some Effort
- Significant Effort

		Action Partner Initials
(A)	I practiced using my time wisely and reported each night to Heavenly Father in my prayers.	● ● ●
(B)	I wrote one thing I am grateful for each day.	● ● ●
(C)	I worked on my personal commitment.	● ● ●
(D)	I contacted and supported my action partner.	● ● ●
(E)	I shared what I learned with my family or friends.	● ● ●

STEP 2: SHARE YOUR EXPERIENCES WITH THE GROUP (5 minutes)

Now share as a group the things you learned last week working on your commitments. The questions below might help the discussion.

Discuss: What experiences did you have practicing the My Foundation principle?
How did you better manage stress and anxiety?

STEP 3: CHOOSE ACTION PARTNERS (5 minutes)

Choose an action partner from the group for this coming week. Generally, action partners are the same gender and are not family members.

Take a couple of minutes now to meet with your action partner. Introduce yourselves and discuss how you will contact each other throughout the week.

Action partner's name

Contact information

Write how and when you will contact each other this week.

SUN	MON	TUES	WED	THURS	FRI	SAT



MY FOUNDATION: LIVE A BALANCED LIFE

— Maximum Time: 20 Minutes

Ponder: How do I keep the daily demands of life in balance?

Watch: “Of Regrets and Resolutions,” available at [srs.ChurchofJesusChrist.org/videos](https://www.churchofjesuschrist.org/videos) [1:25].
(No video? Read page 89.)

Discuss: What did the Savior do to achieve a balanced life?

Read: Mosiah 4:27, 2 Nephi 9:51, the quote by President M. Russell Ballard (on the right), and the quote by President James E. Faust (on page 89)

Discuss: What things can be simplified or eliminated from our lives so we can experience more joy?

ACTIVITY

Step 1: Read the quote by Elder Dallin H. Oaks (on page 89).

Step 2: On your own, think about how you live your life each week. Now imagine you are 25 years older and you are still living the same way. Complete the two statements below about your life:

I just didn’t spend enough time

I spent too much time

Step 3: To avoid future regrets, write one or two things you can do to bring more balance in your life.

Commit: I will act on my idea to bring more balance to my life.

“See that all these things are done in wisdom and order; for it is not requisite that a man should run faster than he has strength.”

MOSIAH 4:27

“Do not spend money for that which is of no worth, nor your labor for that which cannot satisfy.”

2 NEPHI 9:51

“Just do the very best you can each day. Do the basic things and, before you realize it, your life will be full of spiritual understanding that will confirm to you that your Heavenly Father loves you. When a person knows this, then life will be full of purpose and meaning, making balance easier to maintain.”

M. RUSSELL BALLARD,
“Keeping Your Life in Balance,” *Liahona*,
Sept. 2012, 50

OF REGRETS AND RESOLUTIONS

If you are unable to watch the video, read this script.

PRESIDENT DIETER F. UCHTDORF

Isn't it true that we often get so busy? And, sad to say, we even wear our busyness as a badge of honor, as though being busy, by itself, was an accomplishment or sign of a superior life.

Is it?

I think of our Lord and Exemplar, Jesus Christ, and His short life among the people of Galilee and Jerusalem. I have tried to imagine Him bustling between meetings or multitasking to get a list of urgent things accomplished.

I can't see it.

Instead I see the compassionate and caring Son of God purposefully living each day. When He interacted with those around Him, they felt important and loved. He knew the infinite value of the people He met. He blessed them, ministered to them. He lifted them

up, healed them. He gave them the precious gift of His time.

(Dieter F. Uchtdorf, "Of Regrets and Resolutions," *Ensign or Liahona*, Nov. 2012, 22)

Back to page 88.

"Balance in large measure is knowing the things that can be changed, putting them in proper perspective, and recognizing the things that will not change."

JAMES E. FAUST, "The Need for Balance in Our Lives," *Ensign*, Mar. 2000, 5

"The number of good things we can do far exceeds the time available to accomplish them. Some things are better than good, and these are the things that should command priority attention in our lives."

DALLIN H. OAKS, "Good, Better, Best," *Ensign or Liahona*, Nov. 2007, 104



LEARN—Maximum Time: 60 Minutes

Read: *Depression affects all our lives in one way or another. Today's discussion may be difficult for you or others to think about and discuss. We encourage everyone to be compassionate when reviewing this chapter. If you feel overwhelmed, don't hesitate to ask for a break.*

1. THE DIFFERENCE BETWEEN SADNESS AND DEPRESSION

Read: Sadness is described as feelings of sorrow, unhappiness, and grief, and it is a normal part of our experience here on earth. Sadness can come through difficulties resulting from rejection, interpersonal relationships, disappointments, and other pains. They are difficult, yet essential, elements in our growth. Elder Bruce R. Hafen taught, “The presence of painful experiences is an important element in man’s capacity ultimately to experience joy. Pain of that kind helps us remember that we are in contact with life as it was meant to be experienced, thus preparing us more fully for that appointed reunion with those who sent us here—when, at last, our joy may be full” (cited in “A Willingness to Learn from Pain,” *Ensign*, Oct 1983).

Depression is different. It is an emotional state or condition that affects our thinking, emotions, perceptions, and behaviors. Depression can come without a clear explanation or can result from unhealthy reactions to painful events. When we experience depression, we often feel numb or deadened to our emotions. We may have feelings of shame, self-blame, or self-hatred, all of which are likely to interfere with how we function every day. Depression also interferes with our ability to deal positively with challenges as they arise.

Discuss: How are sadness and depression different?

Watch: “Like a Broken Vessel Part 1” (<https://youtu.be/x4Zgs3F2Sq4> [1:38])

2. FACTORS THAT CAN LEAD TO EMOTIONAL CHALLENGES

Read: Being aware of the cause of these feelings can help us be more compassionate to ourselves and others. Feelings, such as sadness or depression, can be caused by several things, including many of the factors below:

FACTORS THAT CAN LEAD TO EMOTIONAL CHALLENGES	
Biological – Physical factors with our body such as:	<ul style="list-style-type: none">- Genetics- Serious illness/injury- Diet and lack of physical activity- Misuse of illegal drugs or medication- Seasonal weather- Chemical or hormonal changes
Psychological – Emotional events such as:	<ul style="list-style-type: none">- Major events and life transitions- Death or loss- Abuse
Social – Social interactions with others that create strong emotions such as:	<ul style="list-style-type: none">- Conflict- Loneliness and isolation- Social pressures- Betrayal or broken trust
Spiritual – Difficult events that test our faith such as:	<ul style="list-style-type: none">- Consequences of choices- Living in a troubled world

Discuss: How can knowing where difficult feelings come from help us be more compassionate to ourselves and others?

3. SYMPTOMS OF DEPRESSION

Read: The following symptoms may be signs of clinical depression. Most people will experience these symptoms at times throughout their lives, but experiencing multiple symptoms for a long time may mean that we are experiencing deeper issues. If three or more of these symptoms continue over a period of time, limit our ability to function, or are difficult to escape despite personal and family efforts, we should seek professional help.

SYMPTOMS OF DEPRESSION
<ul style="list-style-type: none">- Constantly feeling sad, helpless, hopeless, or worthless- Little energy and motivation- Change in appetite and weight loss or gain- Trouble falling asleep, staying asleep, or waking up- Loss of interest in activities that used to be enjoyable- Difficulty concentrating, remembering, or making decisions- Thoughts about death and suicide

Discuss: How can being aware of the symptoms of depression help us as we become more emotionally resilient? How can it help us support others?

Read: *If you or others have thoughts of death or suicide, seek professional help immediately by going to the nearest hospital emergency room and reaching out to your or their bishop or other Church leader. Suicidal thoughts should always be taken seriously. See suicide.ChurchofJesusChrist.org or mentalhealth.ChurchofJesusChrist.org for helplines and resources.*

Anyone in North America can call the National Suicide Prevention Line at (800) 273-8255.

4. WAYS TO GET HELP

Read: Sister Reyna I. Aburto said: “It is normal to feel sad or worried once in a while. Sadness and anxiety are natural human emotions. However, if we are constantly sad and if our pain blocks our ability to feel the love of our Heavenly Father and His Son and the influence of the Holy Ghost, then we may be suffering from depression, anxiety, or another emotional condition . . . Like any part of the body, the brain is subject to illnesses, trauma, and chemical imbalances. When our minds are suffering, it is appropriate to seek help from God, from those around us, and from medical and mental health professionals” (“Thru Cloud and Sunshine, Lord, Abide with Me!” *Ensign or Liahona*, Nov. 2019).



ACTIVITY (5 minutes)

Step 1: On your own, read through the list of ideas below.

Step 2: Circle the two ideas you feel would be most helpful when you are in need of support.

Ways to Connect and Find Support

- Talk and listen to your Heavenly Father.
- Call a friend who is a great listener.
- Ask someone to check in with you or choose to check in with someone each day.
- Go for a walk, sit outside, or do something you love outdoors.
- Write down meaningful memories when you felt peace, joy, and love.
- Schedule a time to do something with friends or family members.
- Schedule an appointment with a licensed medical professional or mental health therapist.
- Join a support group or a social group with similar interests.
- Reach out to someone else who may be going through a hard time.
- Reach out to a suicide prevention line (see [suicide.ChurchofJesusChrist.org](https://www.suicide.ChurchofJesusChrist.org)).
- Other: _____

Step 3: In the space below, write when and how you will put your ideas into action.

5. GRIEF

Read: Almost everyone will experience grief at some point in their lifetime, whether due to the death of a loved one or another loss or big life change such as losing a job or a relationship. Because of the gospel, our covenants, and the knowledge that we will see your loved ones again, we may feel that we shouldn't struggle with grief. However, this is not the case. Even the Savior wept when Lazarus died because He loved him (John 11:35–36). President Russell M. Nelson taught, "Mourning is one of the deepest expressions of pure love. It is a natural response in complete accord with divine commandment: 'Thou shalt live together in love, insomuch that thou shalt weep for the loss of them that die' (D&C 42:45)" ("Doors of Death," *Ensign*, May 1992).

While grieving, most people experience the following emotions. We typically don't experience them in a specific order or within any specific timeframe. Everyone will grieve differently and on a different timetable.

Denial: We can't believe that this has happened. We might find ourselves in shock or pretend or forget this is happening for a time.

Anger: We may feel angry with ourselves, our loved ones, and even God. Anger is an expression of how much we love and care for the person who is gone.

Bargaining: We may think this is just a bad dream and try to bargain with God to reverse things. We may ask "what if" questions, such as "What if I go to the temple every week?" in order to get a specific outcome.

Sadness: We experience profound sadness from losing our loved one. This sadness can be powerful and overwhelming, but it is not necessarily clinical depression. It is a normal part of the grieving process.

Acceptance: Acceptance is accepting that our loved one is gone. It does not mean that we are happy they are gone or that we are betraying our loved one's memory. We simply accept that the loss happened.

Discuss: How can understanding the common emotions of grief help us?

Read: Everyone grieves differently. Some may have trouble sleeping and eating. Others may want to be with people while some may want to be alone. Some may feel intense emotions, and others may not. Some may grieve quickly and others may take a long time. There is no correct way to grieve.

Below you can find other helpful suggestions:

- Give yourself permission to feel, cry, and experience whatever you may or may not be feeling as part of the process.
- Take care of yourself. Eat healthy, get enough sleep, and try to exercise.
- Identify and acknowledge the feelings you are having as normal and healthy.
- Set realistic expectations about how much time you may need and take one step at a time.
- Recognize that feelings of happiness, joy, and peace are not disloyal to your loved one.
- Express your thoughts and feelings by writing about your loss and your hope for the future.
- If these feelings become overwhelming, consider seeking help from a professional.

Read: You do not have to grieve alone and can turn to others in your time of need. You can find support from family, friends, Church leaders, and, most importantly, the Savior.

“When tragedies overtake us, when life hurts so much we can’t breathe, when we’ve taken a beating like the man on the road to Jericho and been left for dead, Jesus comes along and pours oil into our wounds, lifts us tenderly up, takes us to an inn, looks after us. To those of us in grief, He says, ‘I will . . . ease the burdens which are put upon your shoulders, that even you cannot feel them upon your backs, . . . that ye may know of a surety that I, the Lord God, do visit my people in their afflictions.’ Christ heals wounds.” (Sharon Eubank, “Christ: The Light That Shines in Darkness,” *Ensign* or *Liahona*, May 2019).

As we experience grief, it can feel unbearable and we may feel a desire to isolate ourselves from others. However, remember that we can find support through others.

Watch: A portion of Elder Quentin R. Cook’s general conference address, “Hope Ya Know, We Had A Hard Time.” Watch from 12:38 to 15:43.

(ChurchofJesusChrist.org/study/general-conference/2008/10/hope-ya-know-we-had-a-hard-time)

Discuss: What can we learn from this story about working through grief?

6. WAYS TO OFFER HELP

Read: You may know someone who has lost someone, is going through a hard time, or has been diagnosed with depression. Sometimes you can feel like you don't know what to say or do. You might feel embarrassed or uncomfortable showing emotion or being near someone who is showing emotions. Below are some examples of supportive phrases and phrases to avoid when trying to help.

Not Helpful	Helpful
<p><i>"I know exactly how you feel."</i></p> <p>Even if we have been through something very similar, it is always better to ask questions and listen to how the person feels.</p> <p><i>"Just have faith, everything will work out."</i></p> <p>Of course we should have faith, but that doesn't change whether something is painful or not. It's important to be present with the person.</p> <p><i>"At least you. . ."</i></p> <p>When we start sentences with "at least," we minimize what the person has been through.</p> <p><i>"God has a plan."</i></p> <p>This can sound like we are trying to quickly solve the problem instead of really listening and loving.</p> <p><i>"They're in a better place."</i></p> <p>Saying this doesn't make the person miss their loved one less.</p>	<p><i>"I don't know what to say right now, but I'm so glad you told me."</i></p> <p><i>"Tell me about what you're feeling right now."</i></p> <p><i>"I care about you."</i></p> <p><i>"I'm here for you."</i></p> <p><i>"It's okay to feel this way."</i></p>

Read: Each person is unique and will have different needs. You may say all the right things and they still feel upset. Being hurt and upset is a natural part of being sad or depressed. Your most important job is to show up, listen, and offer love and kindness.



ACTIVITY (5 minutes)

Step 1: Watch the video, “Like a Broken Vessel Part 2.”
([ChurchofJesusChrist.org/prophets-and-apostles/unto-all-the-world/like-a-broken-vessel](https://www.ChurchofJesusChrist.org/prophets-and-apostles/unto-all-the-world/like-a-broken-vessel) [1:46]).

Step 2: Ponder the following questions and write your thoughts below.

- What stood out to you about Elder Holland's counsel?
- How has the Lord helped you manage challenging emotions?

TIP: Review page 100 for a list of resources for dealing with various challenges in life.

Discuss: How might you help someone who is struggling emotionally?



PONDER—Maximum Time: 5 Minutes

Individually think about what you have learned today and consider what God would have you do. Read the quote and write your responses to the questions below.

“Though we may feel we are 'like a broken vessel,' . . . we must remember, that vessel is in the hands of the divine potter. Broken minds can be healed just the way broken bones and broken hearts are healed. While God is at work making those repairs, the rest of us can help by being merciful, nonjudgmental, and kind.”
(Jeffrey R. Holland, “Like a Broken Vessel,” *Ensign or Liahona*, Nov. 2013)

What are the most meaningful things I learned today?

What is one thing I will do as a result of what I learned today? (This will be your personal commitment for the week.)

Commitment Ideas: Try one of the ideas for personal support (on page 93) this week. Practice phrases (on page 96) when supporting someone.



COMMIT—Maximum Time: 5 Minutes

Each week we make commitments. Your response in the Ponder section could become your personal commitment for the week. When we meet next week, we will begin by reporting on our commitments. Read through the following commitments. Besides contacting and supporting your action partner(s), decide which of the commitments below you will commit to. Please read each of your commitments aloud to your action partner. Promise to keep your commitments and then sign below.

MY COMMITMENTS

- A** I will act on my idea to bring more balance to my life (see page 88).

- B** I will write one thing I am grateful for each day and thank God for it.

- C** I will work on my personal commitment (from the Ponder section, see page 98).

- D** I will contact and support my action partner.

- E** I will share what I've learned today with my family or friends.

My signature

Action partner's signature

RESOURCES

Additional Church Resources for Managing Feelings of Depression

Mental Health

mentalhealth.ChurchofJesusChrist.org

Counseling Resources: Mental Health

providentliving.ChurchofJesusChrist.org/leader/ministering-resources/mental-health

Counseling Resources: Caregivers

providentliving.ChurchofJesusChrist.org/leader/ministering-resources/caregivers

Disability Resources: Mental Health

ChurchofJesusChrist.org/topics/disability/list/mental-illness

Self-Reliance Latter-day Saints Channel Blog

ChurchofJesusChrist.org/inspiration/latter-day-saints-channel/blog/post/self-reliance-mentalemotional-health-the-lds-resources-we-have-to-help?lang=eng

For the Strength of Youth: Physical and Emotional Health

ChurchofJesusChrist.org/study/manual/for-the-strength-of-youth/physical-and-emotional-health

Finding a Mental Health Professional Who's Right for You

ChurchofJesusChrist.org/study/liahona/2019/01/finding-a-mental-health-professional-whos-right-for-you



6

OVERCOMING ANGER

“MY FOUNDATION” PRINCIPLE

- Solve Problems

EMOTIONAL VALUES AND SKILLS

1. Understanding Anger
2. Realizing How Anger Escalates
3. Understanding the Emotions behind Anger
4. Choosing to Respond to Anger in Different Ways
5. Managing Anger as a Disciple of Jesus Christ



REPORT—Maximum Time: 15 Minutes

STEP 1: EVALUATE WITH YOUR ACTION PARTNER (5 minutes)

Take a few minutes to think about how you did with your commitments last week. Draw a circle around the color that represents how you felt you did with each commitment. For example, the “red” circle means you gave very little effort, the “yellow” circle represents some effort, and the “green” circle is for significant effort. Share your evaluation with your action partner and have them sign off next to your self-evaluation.

- Very little Effort
- Some Effort
- Significant Effort

Action Partner
Initials

(A)	I acted on my idea to bring more balance to my life.	● ● ●	
(B)	I wrote one thing I am grateful for each day.	● ● ●	
(C)	I worked on my personal commitment.	● ● ●	
(D)	I contacted and supported my action partner.	● ● ●	
(E)	I shared what I learned with my family or friends.	● ● ●	

STEP 2: SHARE YOUR EXPERIENCES WITH THE GROUP (5 minutes)

Now share as a group the things you learned last week working on your commitments. The questions below might help the discussion.

Discuss: What experiences did you have practicing the My Foundation principle?
What skills did you practice regarding sadness and depression?

STEP 3: CHOOSE ACTION PARTNERS (5 minutes)

Choose an action partner from the group for this coming week. Generally, action partners are the same gender and are not family members.

Take a couple of minutes now to meet with your action partner. Introduce yourselves and discuss how you will contact each other throughout the week.

Action partner's name

Contact information

Write how and when you will contact each other this week.

SUN	MON	TUES	WED	THURS	FRI	SAT



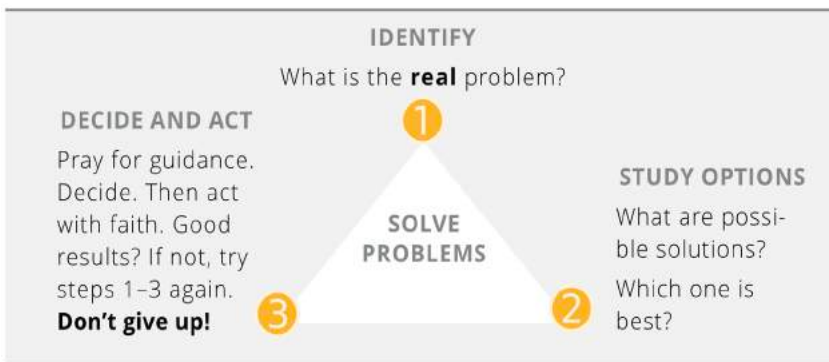
MY FOUNDATION: SOLVE PROBLEMS

—Maximum Time: 20 Minutes

- Report:** Briefly share with the group a difficult task you were able to finish last week.
- Ponder:** Why does Heavenly Father allow us to face problems and challenges?
- Watch:** “A Bigger Truck?” available at srs.ChurchofJesusChrist.org/videos. (No video? Read page 107.)
- Discuss:** What is the real problem in this story? What are some options for the two men?
- Read:** Doctrine and Covenants 9:7–9 and the quote by Elder Robert D. Hales (on the right)

ACTIVITY

Step 1: Choose a partner, and read the steps below.



Step 2: Choose a problem you are facing and write it below.

Step 3: Apply each step to your problem.

Identify: _____

Study options: _____

Decide and act: _____

“Behold, you have not understood; you have supposed that I would give it unto you, when you took no thought save it was to ask me.

“But, behold, I say unto you, that you must study it out in your mind; then you must ask me if it be right, and if it is right I will cause that your bosom shall burn within you; therefore, you shall feel that it is right.

“But if it be not right you shall have no such feelings, but you shall have a stupor

of thought that shall cause you to forget the thing which is wrong.”

DOCTRINE AND COVENANTS 9:7–9

“The Lord expects us to help solve our own problems. . . . We are thinking, reasoning human beings. We have the ability to identify our needs, to plan, to set goals, and to solve our problems.”

ROBERT D. HALES, “Every Good Gift,” *New Era*, Aug. 1983, 8, 9

Read: 1 Nephi 17:51 and 1 Nephi 18:2–3 (on the right)

Discuss: How was Nephi able to build a ship?

Commit: I will act on the steps we discussed in the activity to work on my problem. (Remember, don't give up. It takes time to solve problems and make changes.)

A BIGGER TRUCK?

If you are unable to watch the video, read this script.



ELDER DALLIN H. OAKS: Two men formed a partnership. They built a small shed beside a busy road. They obtained a truck and drove it to a farmer's field, where they purchased a truckload of melons for a dollar a melon. They drove the loaded truck to their shed by the road, where they sold their melons for a dollar a melon.

They drove back to the farmer's field and bought another truckload of melons for a dollar a melon. Transporting them to the roadside, they again sold them for a dollar a melon. As they drove back toward the farmer's field to get another load, one partner said to the other, "We're not making much money on this business, are we?" "No, we're not," his partner replied. "Do you think we need a bigger truck?"

("Focus and Priorities," *Ensign*, May 2001, 82).

Back to page 106.

"And now, if the Lord has such great power, and has wrought so many miracles among the children of men, how is it that he cannot instruct me, that I should build a ship?"

1 NEPHI 17:51

"Now I, Nephi, did not work the timbers after the manner which was learned by men, neither did I build the ship after the manner of men; but I did build it after the manner which the Lord had shown unto me; wherefore, it was not after the manner of men.

"And I, Nephi, did go into the mount oft, and I did pray oft unto the Lord; wherefore the Lord showed unto me great things."

1 NEPHI 18:2-3



LEARN—Maximum Time: 60 Minutes

1. UNDERSTANDING ANGER

Read: Everyone experiences anger. There are countless reasons to feel angry. We can't always control whether we feel angry, but our response to angry feelings is a choice. Expressing anger in aggressive ways may make us feel better in the moment but doesn't help us feel better in the long-term. We may feel justified in our anger, but expression of anger can result in strained relationships, physical illness, financial loss, and spiritual and possible physical damage to self and others.

The Savior taught the Nephites: "There shall be no disputations among you. . . . For verily, verily I say unto you, he that hath the spirit of contention is not of me, but is of the devil, who is the father of contention, and he stirreth up the hearts of men to contend with anger, one with another. Behold, this is not my doctrine, to stir up the hearts of men with anger, one against another; but this is my doctrine, that such things should be done away" (3 Nephi 11:29–30).

Ponder: Think of a time when you felt angry and complete the chart below.

SITUATION	HOW DID I RESPOND?	WHAT WAS THE RESULT?
<p><i>Example:</i></p> <p>I bought new shoes for my son. He left them out last night and they were stolen.</p>	<p>I got upset with my son and yelled at him for being irresponsible and leaving the shoes outside.</p>	<p>My son was afraid of me and didn't want to talk to me. He loved those shoes and feels worse about his mistake.</p>

Discuss: How does managing anger help us become better disciples of Jesus Christ?

2. REALIZING HOW ANGER ESCALATES

Read: When we allow ourselves to dwell on angry thoughts, our body also reacts. Physical reactions in the body increase our “emotional temperature level.” Certain behaviors can intensify our anger. Learning skills that help us “cool down” are an important part of managing anger.



- BEHAVIORS THAT “HEAT” ANGER**
- Making accusations
 - Arguing while angry
 - Yelling, screaming, shouting
 - Dwelling on hurt feelings
 - Planning revenge
 - Engaging in any form of violence



- SKILLS THAT “COOL” ANGER**
- Counting to 10 or higher
 - Non-competitive exercise
 - Meditation, prayer, and relaxation
 - Going outside
 - Choosing helpful thoughts
 - Calming music

Discuss: What other things have helped you to “cool down?”

3. UNDERSTANDING THE EMOTIONS BEHIND ANGER

Read: To manage your anger, you can identify the different emotions underlying it. It’s often easier to be angry than to deal with your real, underlying feelings. Below is a list of underlying emotions you may be feeling when you’re angry.

UNDERLYING EMOTIONS			
- Resentful	- Embarrassed	- Anxious	- Offended
- Disappointed	- Frustrated	- Worried	- Victimized
- Ashamed	- Inferior	- Threatened	- Lonely
- Hopeless	- Grief	- Nervous	- Heartbroken
- Guilty	- Insensitive	- Rejected	- Hungry
- Unmet expectations	- Injustice	- Entitled	- Fatigue
	- Afraid	- Hurt	- Overwhelmed

ACTIVITY (5 minutes)

Step 1: Read the following scenarios together and note how recognizing the underlying emotions can decrease anger.

Step 2: On your own, think of a situation when you might feel angry. Write the situation and a response that “heats” anger. Then identify the underlying emotions and write a response that can cool anger in the chart below.

SITUATION	RESPONSES THAT “HEAT” ANGER	UNDERLYING EMOTION(S)	RESPONSES THAT “COOL” ANGER
You are driving home from work. It has been a long day and traffic is heavy. You are running late for an appointment. Another driver almost causes an accident, then gives you an offensive gesture.	“How dare he think this is my fault! Why do they let guys like that drive on the road?”	Stress Injustice Fatigue Fear	Use calming music or breathing to remind yourself, “I can either make it worse or let it go. I don't know why he is driving that way. I know it will affect how I feel at home tonight. Driving upset could also cause me to get in an accident.”
You told your son to clean his room before playing with friends but he ignored you and played with friends instead.	“Why doesn't he listen to me? I'm so tired of asking him to do the same thing. I am going to keep him from his friends. Then maybe he'll listen.”	Unmet expectations Disappointment Blame Hurt	“He is still young and learning why it's important to have a clean room. Maybe I need to help him understand why we take care of our things. I will calmly talk with him about ways we can do that.”

Discuss: How can prayer help us cool our anger?

4. CHOOSING TO RESPOND TO ANGER IN DIFFERENT WAYS

Read: “Understanding the connection between agency and anger is the first step in eliminating it from our lives.” (Lynn G. Robbins, “Agency and Anger,” *Ensign*, May 1998) As things happen in our lives we may feel anger but we are able to choose our response to this feeling and can become angry or become charitable, kind, and generous.

Elder Robbins continues by describing a situation where an athletically talented young man tried out for a sports team. On the first day of practice, the coach had the young man play against another player while the team watched. When the young man missed an easy shot, he became angry and stomped and whined. The coach walked over to him and told him that if he ever did that again, he would not play on that team. Elder Robbins explained that for the next three years this young man never lost control again. Years later, as he reflected back on this incident, he realized that the coach had taught him that anger is a choice and can be controlled.

Discuss: When is a time you chose not to be angry?

ACTIVITY (2 minutes)

Becoming aware of when you feel anger can help you better manage your anger. With a partner, briefly review the Anger Awareness Exercise on page 113. Fill it out during the coming week to become more aware of when you feel angry.

Read: One way you can choose to respond is through humor. Elder Jeffrey R. Holland taught, “Jesus found special joy and happiness in children and said all of us should be more like them—guileless and pure, quick to laugh” (“This Do in Remembrance of Me,” *Ensign*, Nov. 1995, 68-69). Being able to laugh at yourself or find humor in a situation helps you better cope with life’s unexpected frustrations and disappointments. Uplifting humor can help improve your attitude, relationships, and health. This kind of humor does not offend or embarrass others. As it says in Proverbs, “A merry heart doeth good like a medicine” (Proverbs 17:22). While it’s not appropriate to laugh all the time, everyone could benefit by laughing more.

Discuss: How can appropriate humor help us manage our anger?

5. MANAGING ANGER AS A DISCIPLE OF JESUS CHRIST

Read: Living in unity with Jesus Christ can help you feel peace. The “mighty change” of heart (Alma 5:14) that comes from being unified with Jesus Christ can help you to want to forgive others, “do good continually” (Mosiah 5:2), and “wait upon the Lord” (Psalm 37:9). The Holy Ghost fills us with “love, joy, peace, longsuffering, gentleness, goodness, faith, meekness, temperance” (Galatians 5:22–23). In the same way that the Lamanites' anger was “stirred up” by remembering the past (Mosiah 21:2), the Lord also stirs us up to repentance (2 Nephi 28:19).

Watch: “Forgiveness: My Burden Was Made Light” ([ChurchofJesusChrist.org/media-library/video/2010-07-14-forgiveness-my-burden-was-made-light?lang=eng](https://www.ChurchofJesusChrist.org/media-library/video/2010-07-14-forgiveness-my-burden-was-made-light?lang=eng) [8:24]).

Discuss: How are we blessed as we turn to the Savior to manage anger?

Read: *Anger can lead to violent or abusive behavior. Domestic violence is different than minor disagreements. No one is expected to endure abusive behavior or violence. See [abuse.ChurchofJesusChrist.org](https://www.ChurchofJesusChrist.org) for crisis helplines (only available in English) and other resources.*

If you are the victim of domestic violence, contact appropriate authorities and get help immediately. The Church does not tolerate abuse of any kind. President Gordon B. Hinckley said, “we condemn most strongly abusive behavior in any form. We denounce the physical, sexual, verbal, or emotional abuse of one’s spouse or children” (“What Are People Asking about Us?” Ensign, November 1998). Whether you are a victim or a perpetrator, if you are caught in a web of abuse, seek help now. Your bishop can help you heal.

MY ANGER AWARENESS EXERCISE

Describe some situations that trigger your anger (ex. an argument with your spouse or friend, dealing with financial issues, your house is messy)

Describe the reasons or thoughts that make your anger worse (ex. "They only cares about themselves" or, "She/he is so irresponsible.")

Describe the feelings behind your anger (ex. feeling disrespected, used, ignored)

Describe the physical reactions you feel that tell you that you are getting angry (ex. sweaty palms, fast heartbeat, tense, irritable)

Describe how you act out in anger (including your worst behavior)

Describe a skill that cools your anger (ex. counting to 10, breathing exercises)

Describe how you will respond the next time you feel angry



PONDER—Maximum Time: 5 Minutes

Individually think about what you have learned today and consider what the Lord would have you do. Read the quote and write your responses to the questions below.

“So many of us make a great fuss of matters of small consequence. We are so easily offended. Happy is the man who can brush aside the offending remarks of another and go on his way.” (Gordon B. Hinckley, “Slow to Anger,” *Ensign* or *Liahona*, Nov. 2007)

What are the most meaningful things I learned today?

What is one thing I will do as a result of what I learned today? (This will be your personal commitment for the week.)

Commitment Ideas: Complete the "My Anger Awareness Exercise" (on page 113).
Practice a "cool down" skill.
Identify the underlying emotions each time you feel angry.



COMMIT—Maximum Time: 5 Minutes

Each week we make commitments. Your response in the Ponder section could become your personal commitment for the week. When we meet next week, we will begin by reporting on our commitments. Read through the following commitments. Besides contacting and supporting your action partner(s), decide which of the commitments below you will commit to. Please read each of your commitments aloud to your action partner. Promise to keep your commitments and then sign below.

MY COMMITMENTS

- A** I will use the steps we discussed to work on solving my problem (see page 107).

- B** I will write one thing I am grateful for each day and thank God for it.

- C** I will work on my personal commitment (from the Ponder section, see page 114).

- D** I will contact and support my action partner

- E** I will share what I've learned today with my family or friends.

My signature

Action partner's signature

Notes



7

MANAGING ADDICTIVE BEHAVIORS

“MY FOUNDATION” PRINCIPLE

- Show Integrity

EMOTIONAL VALUES AND SKILLS

1. Levels of Addiction
2. Addiction Is Both a Spiritual and Physical Challenge
3. Doing Your Part
4. Supporting Those Struggling with Addiction
5. Spouse and Family Members
6. Preventing Addiction



REPORT—Maximum Time: 15 Minutes

STEP 1: EVALUATE WITH YOUR ACTION PARTNER (5 minutes)

Take a few minutes to think about how you did with your commitments last week. Draw a circle around the color that represents how you felt you did with each commitment. For example, the “red” circle means we gave very little effort, the “yellow” circle represents some effort, and the “green” circle is for significant effort. Share your evaluation with your action partner and have them sign off next to your self-evaluation.

- Very little Effort
- Some Effort
- Significant Effort

		Action Partner Initials
(A)	I used the steps to work on my problem.	● ● ●
(B)	I wrote one thing I am grateful for each day.	● ● ●
(C)	I worked on my personal commitment.	● ● ●
(D)	I contacted and supported my action partner.	● ● ●
(E)	I shared what I learned with my family or friends.	● ● ●

STEP 2: SHARE YOUR EXPERIENCES WITH THE GROUP (5 minutes)

Now share as a group the things you learned last week working on your commitments. The questions below might help the discussion.

Discuss: What experiences did you have practicing the My Foundation principle?
How did you practice understanding feelings of anger?

STEP 3: CHOOSE ACTION PARTNERS (5 minutes)

Choose an action partner from the group for this coming week. Generally, action partners are the same gender and are not family members.

Take a couple of minutes now to meet with your action partner. Introduce yourselves and discuss how you will contact each other throughout the week.

Action partner's name

Contact information

Write how and when you will contact each other this week.

SUN	MON	TUES	WED	THURS	FRI	SAT



MY FOUNDATION: SHOW INTEGRITY

—Maximum Time: 20 Minutes

Ponder: Why does the Lord love those with “integrity of heart?”

Watch: “What Shall a Man Give in Exchange for His Soul?” available at srs.ChurchofJesusChrist.org/videos. (No video? Read page 123.)

Discuss: What does it mean to have integrity? What are some small ways people give away their souls to get things in this life?

Read: Articles of Faith 1:13 and Job 27:5 (see the column on the right)

ACTIVITY

On your own, read the list below and give yourself a number to see where you could be more honest.

PUT A NUMBER IN FRONT OF EACH ITEM TO SHOW HOW OFTEN YOU ACT THIS WAY.

1 = never, 2 = sometimes, 3 = often, 4 = always

- _____ 1. I keep my promises.
- _____ 2. I do not exaggerate to make things appear better than they are.
- _____ 3. I tell the truth, even if I made the wrong choice.
- _____ 4. I give back what I borrow and do not take things that aren't mine.
- _____ 5. I am faithful to my spouse and family in my words and actions.
- _____ 6. I never cheat, even when I know I won't be caught.
- _____ 7. When I find something that isn't mine, I return it to the owner.
- _____ 8. I always pay back money I borrow.
- _____ 9. I admit when I've made a mistake.

Read: Read Mosiah 4:28 (see the column on the right) and the quote by Elder Joseph B. Wirthlin (on page 123).

Discuss: Why is being honest necessary to become more emotionally resilient?

Commit: I will be more honest in one of the nine areas I rated above:

“We believe in being honest.”

ARTICLES OF FAITH 1:13

“Till I die I will not remove mine integrity from me.”

JOB 27:5

“And I would that ye should remember, that whosoever among you borroweth of his neighbor should return the thing that he borroweth, according as he doth agree, or else thou shalt commit sin; and perhaps thou shalt cause thy neighbor to commit sin also.”

MOSIAH 4:28

WHAT SHALL A MAN GIVE IN EXCHANGE FOR HIS SOUL?

If you are unable to watch the video, read this script.



ELDER ROBERT C. GAY: The Savior once asked His disciples the following question: “What shall a man give in exchange for his soul?”

This is a question that my father taught me to carefully consider years ago. As I was growing up, my parents assigned me chores around the house and paid me an allowance for that work. I often used that money, a little over 50 cents a week, to go to the movies. Back then a movie ticket cost 25 cents for an 11-year-old. This left me with 25 cents to spend on candy bars, which cost 5 cents apiece. A movie with five candy bars! It couldn't get much better than that.

All was well until I turned 12. Standing in line one afternoon, I realized that the ticket price for a 12-year-old was 35 cents, and that meant two less candy bars. Not quite prepared to make that sacrifice, I reasoned to myself, “You look the same as you did a week ago.” I then stepped up and asked for the 25-cent ticket. The cashier did not blink, and I bought my regular five candy bars instead of three.

Elated by my accomplishment, I later rushed home to tell my dad about my big coup. As I poured out the details, he said nothing. When I finished, he simply looked at me and said, “Son, would you sell your soul for a nickel?” His words pierced my 12-year-old heart. It is a lesson I have never forgotten.

(“What Shall a Man Give in Exchange for His Soul?” *Ensign* or *Liahona*, Nov. 2012, 34)

Back to page 122.

“Integrity means always doing what is right and good, regardless of the immediate consequences. It means being righteous from the very depth of our soul, not only in our actions but, more importantly, in our thoughts and in our hearts. . . . A little lying, a little cheating, or taking a little unfair advantage are not acceptable to the Lord. . . . The consummate reward of integrity is the constant companionship of the Holy Ghost, . . . [who will] guide us in all we do.”

JOSEPH B. WIRTHLIN,
“Personal Integrity,”
Ensign, May 1990,
30, 32, 33



LEARN—Maximum Time: 60 Minutes

1. LEVELS OF ADDICTION

Read: Agency is a divine gift from Heavenly Father. The adversary wants to distract us and limit our ability to make good choices. One way he does this is through addictions. Someone can become addicted to many different types of behaviors or substances. These include but are not limited to alcohol, illicit drugs, pornography, sex, tobacco, food, technology, and gambling.

Watch: “What Is Addiction?” (ChurchofJesusChrist.org/inspiration/latter-day-saints-channel/watch/series/what-is-addiction/what-is-addiction-1?lang=eng [1:31])

Discuss: How do you define the word addiction?

ACTIVITY (10 minutes)

Step 1: Some may feel they are addicted when they actually aren't. Others may feel that nothing is wrong even though they are trapped in an addictive behavior. As a group, read through the four levels of addictive and compulsive behaviors adapted from “Recovering from the Trap of Pornography” (Dallin H. Oaks, *Ensign* or *Liahona*, October 2015). Keep in mind that these levels apply to how frequently someone engages in the addictive or compulsive pattern. As an example, these levels don't apply when someone eats in normal or healthy ways, but do apply to a pattern of over-eating.

Exposure. This level is where one engages in a behavior or uses a substance either by accident or just to try it out. It is important to note that if the behavior or substance use happens by accident it is considered a mistake, which calls for correction rather than repentance.

Occasional use. While it may not happen daily or often, the danger with any intentional use, no matter how casual or infrequent, is that it always invites more, which will inevitably increase a strong desire to use the substance or engage in the behavior.

Intensive use. Repeated intentional use can lead to a habit, which is a pattern of behavior that becomes difficult to control and almost involuntary. With habitual use, individuals experience a need for more ways to have the same reaction in order to satisfy the urge or craving.

Compulsive use (addiction). A person experiences addiction when they feel a strong craving to engage in a behavior or use a substance and they are not able to control it. While agency and the ability to choose is never fully lost, one cannot choose when the craving comes or how strong the craving is.

Step 2: As a group, discuss the following questions.

How can labeling a behavior as an addiction (when it isn't) be harmful?

How could it be harmful if you thought you weren't addicted when you really were?

2. ADDICTION IS BOTH A SPIRITUAL AND PHYSICAL CHALLENGE

Read: Addictive and compulsive behaviors are not only a spiritual challenge but a physical one also. Elder M. Russell Ballard taught, "Researchers tell us there is a mechanism in our brain called the pleasure center. When activated by certain drugs or behaviors, it overpowers the part of our brain that governs our willpower, judgment, logic, and morality. This leads the addict to abandon what he or she knows is right" ("O That Cunning Plan of the Evil One," *Ensign* or *Liahona*, November 2010). While we may be doing all that is necessary to heal spiritually, healing may still be necessary for our body, specifically our brain. As we work on our addictive behaviors, our brains can change and heal.

Preach My Gospel gives an example of this by describing challenges for new converts: "Repentance may involve an emotional and physical process. . . . Thus, both repentance and recovery may take time. . . . Baptism and confirmation may not fully do away with the emotional and physical urges that go along with these behaviors. Even though a person may have some initial success, further emotional healing may be necessary to completely repent and recover" (*Preach My Gospel: A Guide to Missionary Service* [2004], 187–191). This counsel applies to anyone involved in an addiction.

Watch: "Why Is It so Hard to Quit?" ([ChurchofJesusChrist.org/inspiration/latter-day-saints-channel/watch/series/what-is-addiction/why-is-it-so-hard-to-quit?lang=eng](https://www.ChurchofJesusChrist.org/inspiration/latter-day-saints-channel/watch/series/what-is-addiction/why-is-it-so-hard-to-quit?lang=eng) [2:01])

Discuss: Why is it important to understand that addiction is also a physical and emotional challenge?

3. DOING YOUR PART

Read: It takes your best effort to change and heal when recovering from a compulsive behavior or habit. Below are a few general ideas that are helpful in overcoming those kinds of behaviors.

- Pray for help. You can always ask God for His help. He is there and will answer your prayer.
- Find hope. Know that the Savior can heal you as you do your part.
- Be honest. Addiction gains power in secrecy, but it is weakened with honesty.
- Connect with others. Connection can fill needs that addiction often offsets.
- Make a plan. Prayerfully consider changes you need to make, avoid difficult situations, and learn from your mistakes. Think about Moroni and his many layers of protection against the Lamanites (see Alma 49).
- Be accountable. Ask for help from someone you trust and regularly review your progress.
- Get support. You don't have to do this alone. Speak with your family, bishop, leaders, or friends.
- Remember that you are a child of God. Don't define yourself by your addiction. Have compassion for yourself and others.
- Don't give up. Even if you slip up, no effort is wasted. It takes time to heal. Be patient with yourself.
- See chapter 2, "Healthy Thinking Patterns" for additional ideas.

Read: *Some individuals may need to take more significant steps to heal. This includes asking a doctor for help, attending a 12-step addiction recovery meeting, or working with a therapist or treatment program.*

Watch: "What Is Addiction Recovery?" ([ChurchofJesusChrist.org/inspiration/latter-day-saints-channel/watch/series/what-is-addiction/what-is-addiction-recovery?lang=eng](https://www.ChurchofJesusChrist.org/inspiration/latter-day-saints-channel/watch/series/what-is-addiction/what-is-addiction-recovery?lang=eng) [2:08])

ACTIVITY (5 minutes)

Step 1: With a partner, discuss how the skills on page 126 could help someone change.

Step 2: Share your answers as a group.

TIP: For more information, review additional Church resources.

- addressingpornography.ChurchofJesusChrist.org
- addictionrecovery.ChurchofJesusChrist.org
- "Addiction" under the Life Help section of the Gospel Library app

4. SUPPORTING THOSE STRUGGLING WITH ADDICTION

Read: Those who struggle with a compulsive behavior or habit need support and help from those around them. If someone reaches out for help, thank them for having the courage to be honest with you and listen carefully to what they say. Pray for help in keeping your emotions in check such as anger, hurt, or resentment. Tell them that you love them and want to help them. Encourage them to work with their Church leaders and others who can best assist them.

If you believe someone you love needs help but they haven't opened up to you, tell them that you are concerned about them. Tell them you love them, share your concerns, and that you want to help. Even if they reject your offer to help, continue to show your love and don't give up on them.

As your loved one tries to heal, they may feel discouraged and hopeless. You can provide encouragement and support by acknowledging the progress they are making and testifying that there is still hope and the Lord loves them.

Read: You can support your loved one by reinforcing their efforts to come unto Christ and heal. In some instances, your help can be very beneficial and even lifesaving. However, you must be careful not to support them in their poor choices or enable them to commit sin. If you fall into a trap of consistently rescuing them, you may hinder their recovery and delay them from turning to the Lord for help. Everyone's situation is different and may require a different response. Pray for the Spirit to guide you and consider asking others with experience or expertise for help.

Structure and rules can help someone dealing with addiction get through the recovery process. Be sure to set and clearly communicate boundaries, make rules, and hold your loved one accountable for their choices. This is not done to control your loved one, but rather to minimize their negative impact and to help protect your family. Experiencing consequences can provide your loved one with increased motivation to heal.

ACTIVITY (10 minutes)

Step 1: Read the following scenario as a group.

Jorge and Juanita have been married for 18 years and are converts to the Church. Before joining the Church, Jorge drank occasionally with a few periods of heavy drinking, but he has been sober for many years. One day, Juanita catches Jorge drinking a beer. He denies he has a problem, minimizes the situation, and promises to quit. Juanita feels he is not being honest with her, but she drops the subject and feels uncomfortable talking to him about it. Jorge has been an active father and husband, but he has been distancing himself from his family as his drinking has increased. Secretly, Jorge wants to stop, but despite his best efforts the situation is getting worse. He is scared to tell Juanita the truth and has not discussed anything with his bishop.

Step 2: As a group, discuss what responses Juanita could have. Which responses are helpful? Which responses are not helpful?

5. SPOUSE AND FAMILY MEMBERS

Read: It can be devastating when someone learns that their loved one is struggling with a compulsive or addictive behavior. They may mistakenly blame themselves, be angry, or worry that there is no hope. A spouse, family member, or friend needs the healing power of the Savior just as much as their loved one who is caught up in a compulsive behavior or habit.

Below are some suggestions for a spouse or family member of someone struggling with addiction:

1. This isn't just your loved one's problem. It's not fair, but it affects you too. Turn your burdens over to the Lord and seek healing for yourself.
2. Pray for help and guidance. Seek the Lord. Be around people who love you.
3. You didn't cause the addiction, you can't control it, and you can't fix it. This is your loved one's challenge.
4. Get support. Tell others you trust and feel safe with. You don't have to suffer in silence.

TIP: For more information, see the *Spouse and Family Support Guide* or attend a spouse and family support group.

(addictionrecovery.ChurchofJesusChrist.org/spouses-and-families)

Facilitator note: Choose one of the videos below to watch as a group.

Watch: "What I Know Now: Spouses" (ChurchofJesusChrist.org/media-library/video/2012-12-024-what-i-know-now-spouses?lang=eng [3:52])

Or

Watch: "What I Know Now: Parents" (ChurchofJesusChrist.org/media-library/video/2012-12-025-what-i-know-now-parents?lang=eng [3:55])

Ponder: What did you learn from the video that could help you?

6. PREVENTING ADDICTION

Read: Most addiction is preventable if you have a good understanding of yourself and the things that could entice you into addictive behaviors. Addictive patterns often start in late teen years for many people. The following principles can help prevent addiction.

PRINCIPLE	DESCRIPTION
1. Education	Educate yourself about what things are addictive and what addiction does to a person. Knowing how addiction can affect your body, mind, and spirit can be a useful deterrent.
2. Moderation	Prophets throughout time have taught the importance of moderation. Setting limits on your behaviors and deciding what you will and won't do can protect you from falling into addiction.
3. Connection	Having strong connections with the Savior and other people can be a major protective factor in avoiding addictive behaviors. Good people in your life can help you feel God's love and be more resilient.
4. Transparency	Being honest with someone about your actions can help you avoid behaviors often associated with addiction including lying, deceiving, and justifying. Being transparent makes it harder for addictive behaviors to take root.
5. Monitoring	For parents, knowing who your children's friends are, what activities they participate in, and setting clear rules can protect against addiction. Have regular conversations with your children about these topics.

Watch: “Adolescent Addiction” ([ChurchofJesusChrist.org/inspiration/latter-day-saints-channel/watch/series/what-is-addiction/adolescent-addiction?lang=eng](https://www.ChurchofJesusChrist.org/inspiration/latter-day-saints-channel/watch/series/what-is-addiction/adolescent-addiction?lang=eng) [2:18])

Ponder: Think about yourself or someone that you are responsible for. Which of these principles would you like to incorporate in this relationship? Consider sharing your plan with your action partner.



PONDER—Maximum Time: 5 Minutes

Individually think about what you have learned today and consider what God would have you do. Read the quote below and write responses to the questions.

“Save for the exception of the very few who defect to perdition, there is no habit, no addiction, no rebellion, no transgression, no apostasy, no crime exempted from the promise of complete forgiveness. That is the promise of the atonement of Christ.”
(Boyd K. Packer, “The Brilliant Morning of Forgiveness,” *Ensign*, November 1995)

What are the most meaningful things I learned today?

What will I do as a result of what I learned today?

Commitment Ideas: Support someone you love with a change they are trying to make.
Pray for help with a habit you are trying to change.
Choose a behavior to work on and set healthy limits.



COMMIT—Maximum Time: 5 Minutes

Each week we make commitments. Your response in the Ponder section could become your personal commitment for the week. When we meet next week, we will begin by reporting on our commitments. Read through the following commitments. Besides contacting and supporting your action partner(s), decide which of the commitments below you will commit to. Please read each of your commitments aloud to your action partner. Promise to keep your commitments and then sign below.

MY COMMITMENTS

- A** I will work on being more honest (see page 122).

- B** I will write one thing I am grateful for each day and thank God for it.

- C** I will work on my personal commitment (from the Ponder section, see page 132).

- D** I will contact and support my action partner.

- E** I will share what I've learned today with my family or friends.

My signature

Action partner's signature



8

BUILDING HEALTHY RELATIONSHIPS

“MY FOUNDATION” PRINCIPLE

- Communicate

EMOTIONAL VALUES AND SKILLS

1. Relationships Are Important
2. Building Relationships
3. Be Understanding and Nonjudgmental
4. Communicate with “I” Messages
5. Be Charitable



REPORT—Maximum Time: 15 Minutes

STEP 1: EVALUATE WITH YOUR ACTION PARTNER (5 minutes)

Take a few minutes to think about how you did with your commitments last week. Draw a circle around the color that represents how you felt you did with each commitment. For example, the “red” circle means we gave very little effort, the “yellow” circle represents some effort, and the “green” circle is for significant effort. Share your evaluation with your action partner and have them sign off next to your self-evaluation.

- Very little Effort
- Some Effort
- Significant Effort

		Action Partner Initials
(A)	I worked on being more honest.	● ● ●
(B)	I wrote one thing I am grateful for each day.	● ● ●
(C)	I worked on my personal commitment.	● ● ●
(D)	I contacted and supported my action partner.	● ● ●
(E)	I shared what I learned with my family or friends.	● ● ●

STEP 2: SHARE YOUR EXPERIENCES WITH THE GROUP (5 minutes)

Now share as a group the things you learned last week working on your commitments. The questions below might help the discussion.

Discuss: What experiences did you have practicing the My Foundation principle?
What skills did you practice regarding addictive behaviors?

STEP 3: CHOOSE ACTION PARTNERS (5 minutes)

Choose an action partner from the group for this coming week. Generally, action partners are the same gender and are not family members.

Take a couple of minutes now to meet with your action partner. Introduce yourselves and discuss how you will contact each other throughout the week.

Action partner's name

Contact information

Write how and when you will contact each other this week.

SUN	MON	TUES	WED	THURS	FRI	SAT



MY FOUNDATION: COMMUNICATE

—Maximum Time: 20 Minutes

Ponder: When has Heavenly Father answered my prayers?

Watch: “Creating Lift,” available at srs.ChurchofJesusChrist.org/videos. (If you are unable to watch the video, read the script on page 141.)

Discuss: Why is listening an essential part of prayer?

Read: Doctrine and Covenants 8:2 and the quote by President Russell M. Nelson (see the column on the right)

Discuss: How can we learn to better recognize answers to our prayers?

“I will tell you in your mind and in your heart, by the Holy Ghost, which shall come upon you and which shall dwell in your heart.”

DOCTRINE AND COVENANTS 8:2

“Your soul will be blessed as you learn to listen, then listen to learn from children, parents, partners, neighbors, and Church leaders, all of which will heighten capacity to hear counsel from on high.”

RUSSELL M. NELSON,
“Listen to Learn,”
Ensign, May 1991, 24

ACTIVITY

Step 1: As a group, read the steps below and briefly discuss them.

Step 2: Ask one or two members of the group to tell the others about a challenge or question they have. Everyone else should follow the steps below and try to listen.

Step 3: When finished, ask the group members who spoke how they felt when the group really tried to listen.



Read: Quotes by President Henry B. Eyring and Elder Robert D. Hales (see the column on the right)

Commit: I will pray individually and as a family each morning and night. I will spend time after each prayer reverently listening for guidance.

CREATING LIFT

If you are unable to watch the video, read this script.

PRESIDENT DIETER F. UCHTDORF:

In order to get an airplane off the ground, you must create lift. In aerodynamics, lift happens when air passes over the wings of an airplane in such a way that the pressure underneath the wing is greater than the pressure above the wing. When the upward lift exceeds the downward pull of gravity, the plane rises from the ground and achieves flight.

In a similar way, we can create lift in our spiritual life. When the force that is pushing us heavenward is greater than the temptations and distress that drag us downward, we can ascend and soar into the realm of the Spirit.

Though there are many gospel principles that help us to achieve lift, I would like to focus on one in particular.

Prayer!



Prayer is one of the principles of the gospel that provides lift. Prayer has the power to elevate us from our worldly cares. Prayer can lift us up through clouds of despair or darkness into a bright and clear horizon.

One of the greatest blessings and privileges and opportunities we have as children of our Heavenly Father is that we can communicate with Him through prayer. We can speak to Him of our life experiences, trials, and blessings. We can listen for and receive celestial guidance from the Holy Spirit at any time and at any place.

(See Dieter F. Uchtdorf, "Prayer and the Blue Horizon," *Ensign or Liahona*, June 2009, 5–6)

"Our Heavenly Father hears the prayers of His children across the earth pleading for food to eat, for clothes to cover their bodies, and for the dignity that would come from being able to provide for themselves."

HENRY B. EYRING,
"Opportunities to Do Good," *Ensign or Liahona*, May 2011, 22

"We must ask for help from our Heavenly Father and seek strength through the Atonement of His Son, Jesus Christ. In both temporal and spiritual things, [this] enables us to become provident providers for ourselves and others."

ROBERT D. HALES,
"Becoming Provident Providers Temporally and Spiritually," *Ensign or Liahona*, May 2009, 7–8

Back to page 140.



LEARN—Maximum Time: 60 Minutes

1. RELATIONSHIPS ARE IMPORTANT

Read: As we develop loving relationships with others, our physical, emotional, and spiritual health is strengthened. Heavenly Father wants us to love Him and those around us. Our family and friends love us and can provide the support, encouragement, and honest feedback we need to successfully cope with life's challenges. The adversary wants to isolate us from others and feel deprived of the blessings that come from relationships.

“The Prophet Joseph Smith taught that ‘friendship is one of the grand fundamental principles of ‘Mormonism.’ That thought ought to inspire and motivate all of us because I feel that friendship is a fundamental need of our world. I think in all of us there is a profound longing for friendship, a deep yearning for the satisfaction and security that close and lasting relationships can give” (Marlin K. Jensen, “Friendship: A Gospel Principle,” Ensign, May 1999).

Discuss: What benefits have you seen from close and loving relationships?

2. BUILDING RELATIONSHIPS

Read: When building relationships, we must take the initiative to reach out to others and be tolerant of differences. We can build relationships through “small and simple” means (Alma 37:6). Taking time to create quality relationships matters more than the quantity. We will find that we get more joy in life as we develop close relationships with a few people we trust rather than having many superficial relationships. There's nothing wrong with having a lot of friends, but we should not assume having more friends is what brings joy.

Read the list below of additional ways to create and build relationships with others.

- **Become genuinely interested in other people.** Learn what other people love or enjoy. We don't have to have the same interests—we just have to care about what they are interested in.
- **Smile.** Happiness does not depend on what is happening around us, but rather on how we see our circumstances. Smiles are free to give and have a great way of making others feel better.
- **Remember people's names.** A person's name is to them the most important sound in any language. Learning someone's name, even how you say it, can help people feel valued and important.
- **Be a good listener.** Encourage others to talk about themselves. The easiest way to have people want to talk to you is to become a good listener. To be a good listener, you must care about what others have to say. Many times people just want someone who will listen to them.
- **Make others feel important**—and do it sincerely. The golden rule is to treat other people how we would like to be treated. We love to feel important, and so does everyone else. We can do our best to help people feel important in a sincere way.

Read: “We build this relationship one person at a time—by being sensitive to the needs of others, serving them, and giving of our time and talents. I was deeply impressed by one sister who was burdened with the challenges of age and illness but decided that although she couldn't do much, she could listen. And so each week she watched for people who looked troubled or discouraged, and she spent time with them, listening. What a blessing she was in the lives of so many people” (Dieter F. Uchtdorf, “Of Things That Matter Most,” *Ensign* or *Liahona*, Nov. 2010).

Ponder: Think about someone with whom you can build a stronger relationship. Consider the counsel in the previous statements and write down ways you can apply this counsel to build this relationship:

3. BE UNDERSTANDING AND NONJUDGMENTAL

Read: Everyone makes judgments about situations and people, including the actions of family members. Elder Uchtdorf explained, “When we feel hurt, angry or envious it is quite easy to judge other people, often assigning dark motives to their actions in order to justify our own feelings of resentment” (“The Merciful Obtain Mercy,” Ensign or Liahona, May 2012). But the Book of Mormon states, “Seeing that ye know the light by which ye may judge, which light is the light of Christ, see that ye do not judge wrongfully; for with that same judgment which ye judge ye shall also be judged” (Moroni 7:18).

Discuss: How does being understanding and less judgmental influence our happiness?

ACTIVITY (5 minutes)

Step 1: We can remember the Savior’s example of compassion for others when we are tempted to judge or criticize. “When you meet someone, treat them as if they were in serious trouble, and you will be right more than half the time” (Henry B. Eyring, “Try, Try, Try,” Ensign or Liahona, Nov. 2018).

Step 2: Below are some thoughts that can help us be more understanding and less judgmental. As a group take turns reading the following statements and discuss any thoughts you have.

- “They are also a child of God.”
- “They are probably doing the best they can.”
- “I don’t know their situation.”
- “They could be going through a major trial.”
- “I don’t know their story.”
- “They could have some challenge I am not aware of.”
- “We are more similar than different.”
- “I don’t know everything.”
- “Everyone has strengths and weaknesses.”
- “The Savior loves them as much as He loves me.”

Step 3: As a group, discuss other thoughts that help you to not judge others.

Read: Imagine you see a parent with four kids. The kids look dirty and unkept. They are loud and annoying you and those around them. The parent appears to be unaware and distracted, oblivious to how much the children’s behavior is affecting those around them. After some time, this parent looks at one of the kids and is harsh towards the child.

Discuss: As a group, discuss what a judgmental response would be. Then, come up with a compassionate explanation for why the parent could be acting this way. What could you do to be more understanding and nonjudgmental?

4. COMMUNICATE WITH "I" MESSAGES

Read: Conflict with others is a natural part of relationship development. Conflict can happen because of differences in values, opinions, perceptions, motivations, desires, and ideas. Learning to address conflicts in a healthy way can strengthen your relationships with others and help you develop empathy and patience. Healthy conflict resolution is likely to occur when individuals feel safe and valued. Conflict is normal and does not have to be negative.

When you are in conflict, you may have difficulty clearly communicating your side without escalating the conflict. Using an "I" message can help you state your concerns, feelings, and needs in a manner that is easier for the listener to hear and understand. An "I" message focuses on your own feelings and experiences. It does not focus on your perspective of what the other person has done or failed to do.

The first part of an "I" message identifies and expresses your own feelings, which is critical in addressing conflict. It helps to lessen defensive feelings and makes it easier to listen to one another. Read the examples below of how to translate a blaming "you" remark into a feeling "I" message:

EXAMPLES OF "YOU" MESSAGES	EXAMPLES OF "I" MESSAGES
<i>"You never listen to anyone, and you're not really listening to me now."</i>	<i>"I feel hurt when I don't think I am understood. Having eye contact helps me feel like you care."</i>
<i>"You are so inconsiderate and thoughtless for missing dinner and not calling."</i>	<i>"I feel unimportant when you miss dinner without calling. I also feel worried that something may have happened to you."</i>

Discuss: What are the differences between the "you" and "I" messages?

ACTIVITY (5 minutes)

Step 1: Individually think about some of the negative “you” statements you may say when you are upset with another person. Write out a few of those things in the table below under “you” messages.

Step 2: Now use the “I” statement format to rephrase the negative statements into more positive ones.

“YOU” MESSAGES	“I” MESSAGES

Step 3: Pair up with another person and share what you wrote if you feel comfortable doing so. Discuss why the “I” message would be more effective.

Read: When you take time to communicate your feelings to someone, you might assume it is the other person's responsibility to follow through on fulfilling your desires. But, even when you communicate your feelings to others, your feelings and desires are still your responsibility. When your “I” message doesn't produce the desired result, you can lovingly act to create the outcome you want instead of becoming resentful.

ACTIVITY (5 minutes)

Step 1: Choose a partner. Decide who will be partner 1 and who will be partner 2. Partner 1 will start by thinking of a few common “you” messages he or she has heard. Partner 2 will respond by translating those “you” messages into “I” messages.

Step 2: Switch partners 1 and 2.

Step 3: Together think of some loving actions to take when an “I” message is not received as expected.

5. BE CHARITABLE

Read: “Whatever problems your family is facing, whatever you must do to solve them, the beginning and the end of the solution is charity, the pure love of Christ. Without this love, even seemingly perfect families struggle. With it, even families with great challenges succeed” (Dieter F. Uchtdorf, “In Praise of Those Who Save,” *Ensign* or *Liahona*, May 2016, 77).

Watch: “Enduring Love”

(ChurchofJesusChrist.org/media-library/video/2013-06-010-enduring-love [4:16])

Ponder: Who do you know that could benefit from your charity? Why?

Read: The Lord has given us more counsel through the inspired document *The Family: A Proclamation to the World*. It teaches that successful relationships are “established and maintained on principles of faith, prayer, repentance, forgiveness, respect, love, compassion, work, and wholesome recreational activities” (*The Family: A Proclamation to the World*, emphasis added).

ACTIVITY (5 minutes)

Step 1: Individually, think of the person you identified in the Ponder section on page 148.

Step 2: Considering the relationship guidance above from *The Family: A Proclamation to the World*, what will you do to strengthen your relationship with that person?



PONDER—Maximum Time: 5 Minutes

Individually think about what you have learned today and consider what God would have you do. Read the scripture below and write responses to the questions.

“Beloved, let us love one another: for love is of God; and every one that loveth is born of God, and knoweth God.” (1 John 4:7)

What are the most meaningful things I learned today?

What will I do as a result of what I learned today?

Commitment Ideas: Practice using “I” messages this week.
Focus on being more charitable in of one of my relationships.
Choose one way to be more present in a relationship.



COMMIT—Maximum Time: 5 Minutes

Each week we make commitments. Your response in the Ponder section could become your personal commitment for the week. When we meet next week, we will begin by reporting on our commitments. Read through the following commitments. Besides contacting and supporting your action partner(s), decide which of the commitments below you will commit to. Please read each of your commitments aloud to your action partner. Promise to keep your commitments and then sign below.

MY COMMITMENTS

- A** I will pray individually and as a family each morning and night (see page 141).

- B** I will write one thing I am grateful for each day and thank God for it.

- C** I will work on my personal commitment (from the Ponder section, see page 150).

- D** I will contact and support my action partner.

- E** I will share what I've learned today with my family or friends.

My signature

Action partner's signature



9

PROVIDING STRENGTH TO OTHERS

“MY FOUNDATION” PRINCIPLE

- Become One, Serve Together

EMOTIONAL VALUES AND SKILLS

1. What Matters Most
2. Myths about Helping Others
3. Respond to Others Appropriately
4. Validating Others
5. Honoring the Agency of Others
6. Patiently Enduring with Others



REPORT—Maximum Time: 15 Minutes

STEP 1: EVALUATE WITH YOUR ACTION PARTNER (5 minutes)

Take a few minutes to think about how you did with your commitments last week. Draw a circle around the color that represents how you felt you did with each commitment. For example, the “red” circle means you gave very little effort, the “yellow” circle represents some effort, and the “green” circle is for significant effort. Share your evaluation with your action partner and have them sign off next to your self-evaluation.

- Very little Effort
- Some Effort
- Significant Effort

Action Partner
Initials

(A)	I prayed individually and as a family each morning and night.	● ● ●
(B)	I wrote one thing I am grateful for each day.	● ● ●
(C)	I worked on my personal commitment.	● ● ●
(D)	I contacted and supported my action partner.	● ● ●
(E)	I shared what I learned with my family or friends.	● ● ●

STEP 2: SHARE YOUR EXPERIENCES WITH THE GROUP (5 minutes)

Now share as a group the things you learned last week working on your commitments. The questions below might help the discussion.

Discuss: What experiences did you have practicing the My Foundation principle?
How did you do building healthy relationships?

STEP 3: CHOOSE ACTION PARTNERS (5 minutes)

Choose an action partner from the group for this coming week. Generally, action partners are the same gender and are not family members.

Take a couple of minutes now to meet with your action partner. Introduce yourselves and discuss how you will contact each other throughout the week.

Action partner's name

Contact information

Write how and when you will contact each other this week.

SUN	MON	TUES	WED	THURS	FRI	SAT



MY FOUNDATION: BECOME ONE, SERVE TOGETHER—Maximum Time: 20 Minutes

Ponder: How does losing myself in the service of others actually save me?

Watch: “In the Lord’s Way,” available at srs.ChurchofJesusChrist.org/videos. (If you are unable to watch the video, read the script on page 159.)

Discuss: How can serving others open the windows of heaven in your life?

Read: Some feel that they deserve what others already have, which can cause resentment. Others feel entitled to things they have not earned. These two traps blind people from seeing an essential truth: all things belong to God. Resentment and entitlement can be overcome by focusing on the needs of others. Read Mosiah 2:17, Mosiah 4:26, and the quote by President Gordon B. Hinckley (see the column on the right).

ACTIVITY

Step 1: As a group, think of someone who needs help.

Step 2: Discuss the talents, contacts, and resources you have to offer.

Step 3: Make a plan to serve that person. For example, you could:



- Perform a service project in your community.
- Prepare your family history using the booklet *My Family: Stories That Bring Us Together*. Then go to the temple and perform sacred ordinances for family members who have died.
- Help someone on his or her path to self-reliance.

“When ye are in the service of your fellow beings ye are only in the service of your God.”

MOSIAH 2:17

“And now, for the sake of . . . retaining a remission of your sins from day to day, . . . I would that ye should impart of your substance to the poor, every man according to that which he hath, such as feeding the hungry, clothing the naked, visiting the sick and administering to their relief, both spiritually and temporally, according to their wants.”

MOSIAH 4:26

“When you are united, your power is limitless. You can accomplish anything you wish to accomplish.”

GORDON B. HINCKLEY, “Your Greatest Challenge, Mother,” *Ensign*, Nov. 2000, 97

Read: Quotes by Elder Robert D. Hales and President Thomas S. Monson (on the right)

Commit: I will act on the plan I made to serve someone.

"The purpose of both temporal and spiritual self-reliance is to get ourselves on higher ground so that we can lift others in need."

ROBERT D. HALES,
"Coming to Ourselves: The Sacrament, the Temple, and Sacrifice in Service," *Ensign or Liahona*, May 2012, 36

IN THE LORD'S WAY

If you are unable to watch the video, read this script.



PRESIDENT DIETER F. UCHTDORF:

Brothers and sisters, we each have a covenant responsibility to be sensitive to the needs of others and serve as the Savior did—to reach out, bless, and uplift those around us.

Often, the answer to our prayer does not come while we're on our knees but while we're on our feet serving the Lord and serving those around us. Selfless acts of service and consecration refine our spirits, remove the scales from our spiritual eyes, and open the windows of heaven. By becoming the answer to someone's prayer, we often find the answer to our own.

("Waiting on the Road to Damascus," *Ensign or Liahona*, May 2011, 76)

"When we work together cooperatively, . . . we can accomplish anything. When we do so, we eliminate the weakness of one person standing alone and substitute the strength of many serving together."

THOMAS S. MONSON,
"Church Leaders Speak Out on Gospel Values," *Ensign*, May 1999, 118

PRESIDENT HENRY B. EYRING: The principles at the foundation of the Church welfare program are not for only one time or one place. They are for all times and all places. . . .

. . . The way it is to be done is clear. Those who have accumulated more are to humble themselves to help those in need. Those in abundance are to voluntarily sacrifice some of their comfort, time, skills, and resources to relieve the suffering of those in need. And the help is to be given in a way that increases the power of the recipients to care for themselves and then care for others. Done in this, the Lord's way, something remarkable can happen. Both the giver and the receiver are blessed.

(Adapted from an address given by President Eyring at the dedication of the Sugarhouse Utah Welfare Services Center, June 2011, churchofjesuschrist.org)

Back to page 158.



LEARN—Maximum Time: 60 Minutes

1. WHAT MATTERS MOST

Read: We live in a world that believes when you give something away, you have less. The Lord works differently. He taught that we actually find ourselves by giving to others, even when we ourselves are facing challenges. “For whosoever will save his life shall lose it: but whosoever will lose his life for my sake, the same shall save it” (Mark 8:35).

Watch: “What Matters Most” (ChurchofJesusChrist.org/media-library/video/2009-09-35-what-matters-most?lang=eng [1:35]).

Ponder: What is most important in your life?

Discuss: What are some ways that people have shown love to you?

2. MYTHS ABOUT HELPING OTHERS

Read: There are common myths you may sometimes believe about helping others. As you read through the following myths, evaluate whether or not you have ever felt this way.

MYTH #1:

I AM 100% RESPONSIBLE FOR PROVIDING OTHERS THE HELP THEY NEED.

THE REALITY:

The Savior is the true healer of souls and you are part of a healing community to bless others. You have unique strengths and perspectives to offer, and, by giving when you can, you become part of this healing community.

MYTH #2:

I SHOULD BE THE EXPERT ON SOLVING OTHERS' PROBLEMS.

THE REALITY:

Your role is to love and minister to people, but the Savior will do the healing. Even professional counselors consider their role as helping a person make his or her own changes, rather than providing an instruction manual.

MYTH #3:

THERE ARE QUICK FIXES TO LIFE'S PROBLEMS.

THE REALITY:

Working through change is a process, and nearly always takes longer than we think. There are rarely quick fixes to most problems. We live in a culture of instant gratification, and we are promised that there are quick solutions to nearly anything. Real change is a refinement process that the person has to go through.

MYTH #4:

I DON'T KNOW THE RIGHT THING TO SAY, SO IT'S BETTER I DON'T SAY ANYTHING.

THE REALITY:

The good news is that we often don't have to say much. The greatest gift we can give others is to show interest in them, ask questions, listen with love, and help people feel safe in sharing with us.

MYTH #5:

IF I HELP AT ALL, THEY WILL ALWAYS BECOME DEPENDENT ON ME.

THE REALITY:

As we serve, we can set healthy boundaries to make sure we are taking care of ourselves and our family. The Lord can guide us in ways that strengthen the other person's self-reliance. Never underestimate the power that small and simple acts of love can have in people's lives, and don't be afraid of making an investment in someone.

Discuss: Discuss with a partner one of these myths you may struggle with and how you can overcome it.

3. RESPOND TO OTHERS APPROPRIATELY

Read: Regardless of your best intentions, it is easy to say things that are not very helpful when trying to help someone through difficult times. It should not scare you away from continuing to try to be helpful. God wants you to love and help His children.



ACTIVITY (15 minutes)

As a group, read the statements on the left, and discuss if they are helpful or not for someone who is going through a difficult time. Write an "X" in either the "Helpful" box or the "Not Helpful" box.

STATEMENT	HELPFUL	NOT HELPFUL
"At least you. . ."		X
"This must be really hard. . ."		
"Everything happens for a reason. . ."		
"Just look on the bright side. . ."		
"I can't imagine what you are going through. . ."		
"I'm glad you told me about this. . ."		
"Here is a dessert I made you. . ."		
"This too shall pass. . ."		
"I'm happy to listen any time. . ."		
"He's in a better place now. . ."		
"I want to make sure I understand. . ."		
"What has this been like for you. . .?"		
"This must be hard to talk about. . ."		
"God has a plan. . ."		
"What do you need right now. . .?"		
"What you need to do is just. . ."		
"I know just how you feel. . ."		
"What is helping you get through this?"		

Discuss: What are other phrases you've heard that are helpful or not helpful?

4. VALIDATING OTHERS

Read: Sister Reyna L. Aburto taught, “Even if we do not know how to relate to what others are going through, validating that their pain is real can be an important first step in finding understanding and healing” (“Thru Cloud and Sunshine, Lord, Abide with Me!” Ensign or Liahona, Nov. 2019). To validate someone's feelings is to first accept someone's feelings and then to understand them.

Below are some steps to help you validate someone who is facing a challenge:

- 1. Listen.** Be present and listen intently to what this person is telling you. Don't be defensive if you have contributed to their problem.
- 2. Try to understand.** You may need to ask compassionate questions to better understand what this person is feeling. Do your best to understand where they're coming from.
- 3. Accept their feelings.** Don't try to change them or say they're wrong for feeling that way.
- 4. Express compassion.** Express that you care about what they're feeling. You can validate their feelings by saying things like, “You feel disrespected. It's hard to feel disrespected (or anxious, hopeless, worthless, angry, etc.),” even if you can't relate to the situation or the cause of the feeling.
- 5. Show love.** Tell this person that you care about them and that you are confident in their ability to solve or overcome the problem they are facing.

Read: Here is an example of how you could validate someone going through a hard time.

Jill is a single mother whose son recently died from a drug overdose. She lives alone and doesn't have family nearby. Maria came by to talk to her and ask her how she was doing. Maria was tempted to interrupt Jill, but she didn't. She just listened. When she felt it was appropriate, she asked questions like, “How are you feeling right now?” and “What is the most challenging thing for you?” Instead of saying, “At least he's with God now,” she understood that Jill just missed her son. Maria decided to express empathy by saying, “You miss him so much and my heart is breaking with you.” She then showed love by sitting and crying with her.

TIP: The Church's website on ministering can also be helpful when trying to show compassion. See ministering.ChurchofJesusChrist.org.



ACTIVITY (10 minutes)

Step 1: As a group, read the situations below of individuals going through difficult times.

- Someone who has been looking for employment for over six months.
- A new parent who is struggling with anxiety.
- A person who has been dealing with chronic illness for over 20 years.
- A neighbor who disagrees with his or her family member.
- A newly divorced single parent of three.
- A returned missionary who is now struggling with faith challenges.

Step 2: Discuss some things you could say that might be helpful to these individuals.

Step 3: Practice validating someone else's feelings one-on-one. Talk with a partner about something he or she is dealing with. Look for ways to validate that person's feelings. Then switch partners. When you're done, discuss what validating statements were helpful to you and why.

5. HONORING THE AGENCY OF OTHERS

Read: As you reach out to others, remember that you are not responsible for fixing them or controlling the choices they make. Heavenly Father has given everyone the gift of agency, and individuals are responsible for their own choices regardless of the help you offer. It is important to set your own healthy boundaries while helping others.

The Savior wants you to honor your loved ones' agency, but that doesn't necessarily mean standing by passively. Besides validating their feelings and listening, you can do many other things that could bless both of your lives.

- You can fast and pray for them.
- You can consecrate your time in the temple on their behalf.
- You can seek professional help and advice.
- You can research emotional health.
- You can send notes of encouragement or share humorous notes to make them smile.
- You can seek priesthood blessings and counsel.
- You can join a support group for family and friends.
- You can make yourself available to this loved one while maintaining healthy boundaries.

Discuss: Share an uplifting experience you had while being strengthened or while providing strength to others.

6. PATIENTLY ENDURING WITH OTHERS

Read: Caring for loved ones can be hard and overwhelming. You may often be so focused on taking care of your loved ones that you forget to take care of yourself. As you seek to care for those in need, try be understanding and avoid passing judgment. You can take counsel from the scriptures and “pray unto the Father with all the energy of heart, that [you] may be filled with this love” (Moroni 7:48).

If you have a loved one with emotional health issues, there is help and support for you. Support groups can help family members learn about health problems, ways to help, and strategies for coping with symptoms. Reach out to trusted friends and health care professionals for help for yourself and your loved one. Family and friends can have a positive impact on treatment of serious social and emotional health issues.

Elder Jeffrey R. Holland counseled: “For caregivers, in your devoted effort to assist with another’s health, do not destroy your own. In all these things be wise. Do not run faster than you have strength (Mosiah 4:27). Whatever else you may or may not be able to provide, you can offer your prayers and you can give ‘love unfeigned’ (D&C 121:41)” (“Like a Broken Vessel,” *Ensign* or *Liahona*, Nov. 2013).

Discuss: What has helped you balance taking care of others *and* yourself?



PONDER—Maximum Time: 5 Minutes

Individually think about what you have learned today and consider what God would have you do. Read the quote and write your responses to the questions below.

“I bear witness of that day when loved ones whom we knew to have disabilities in mortality will stand before us glorified and grand, breathtakingly perfect in body and mind. What a thrilling moment that will be! I do not know whether we will be happier for ourselves that we have witnessed such a miracle or happier for them that they are fully perfect and finally ‘free at last.’ Until that hour when Christ’s consummate gift is evident to us all, may we live by faith, hold fast to hope, and show ‘compassion one of another’ (1 Peter 3:8).” (Jeffrey R. Holland, “Like a Broken Vessel,” *Ensign* or *Liahona*, Nov. 2013)

What are the most meaningful things I learned today?

What is one thing I will do as a result of what I learned today? (This will be your personal commitment for the week.)

Commitment Ideas: Provide strength to someone that you know needs support.
Practice using helpful responses when providing support to others.



COMMIT—Maximum Time: 5 Minutes

Each week we make commitments. Your response in the Ponder section could become your personal commitment for the week. When we meet next week, we will begin by reporting on our commitments. Read through the following commitments. Besides contacting and supporting your action partner(s), decide which of the commitments below you will commit to. Please read each of your commitments aloud to your action partner. Promise to keep your commitments and then sign below.

MY COMMITMENTS

- A** I will act on the plan I made to serve someone (see page 159).

- B** I will write one thing I am grateful for each day and thank God for it.

- C** I will work on my personal commitment (from the Ponder section, see page 166).

- D** I will contact and support my action partner.

- E** I will share what I've learned today with family or friends.

My signature

Action partner's signature



10

MOVING FORWARD WITH FAITH

“MY FOUNDATION” PRINCIPLE

- Receive Temple Ordinances

EMOTIONAL VALUES AND SKILLS

1. Recognizing Our Progress
2. Learning from Our Setbacks
3. Enduring Our Challenges Well
4. Setting Personal Change Goals
5. Seeking Help through the Savior
6. Seeking Help from Others
7. Conclusion



REPORT—Maximum Time: 15 Minutes

STEP 1: EVALUATE WITH YOUR ACTION PARTNER (5 minutes)
















Take a few minutes to think about how you did with your commitments last week. Draw a circle around the color that represents how you felt you did with each commitment. For example, the “red” circle means you gave very little effort, the “yellow” circle represents some effort, and the “green” circle is for significant effort. Share your evaluation with your action partner and have them sign off next to your self-evaluation.

 Very little Effort

 Some Effort

 Significant Effort

Action Partner
Initials

A	I acted on the plan I made to serve someone.	  
B	I wrote one thing I am grateful for each day.	  
C	I worked on my personal commitment.	  
D	I contacted and supported my action partner.	  
E	I shared what I learned with family or friends.	  

STEP 2: SHARE YOUR EXPERIENCES WITH THE GROUP (5 minutes)

Now share as a group the things you learned last week working on your commitments. The questions below might help the discussion.

Discuss: What experiences did you have practicing the My Foundation principle?
How did you do providing strength to others?

STEP 3: CHOOSE ACTION PARTNERS (5 minutes)

Choose an action partner from the group for this coming week. Generally, action partners are the same gender and are not family members.

Take a couple of minutes now to meet with your action partner. Introduce yourselves and discuss how you will contact each other throughout the week.

Action partner's name

Contact information

Write how and when you will contact each other this week.

SUN	MON	TUES	WED	THURS	FRI	SAT



MY FOUNDATION: RECEIVE TEMPLE ORDINANCES

— Maximum Time: 20 Minutes

Ponder: What are some of the things that matter most to you?

Watch: “Doing What Matters Most,” available at srs.ChurchofJesusChrist.org/videos. (If you are unable to watch the video, read the script on page 175.)

Discuss: What insignificant things distract us from progressing? How can gospel ordinances help us?

Read: Doctrine and Covenants 84:20, the quote by Elder Quentin L. Cook (see the column on the right), and the quote by President Russell M. Nelson on page 175.

Discuss: How could temple worship and family history work increase our emotional resilience?

ACTIVITY (5 minutes)

Step 1: With a partner, read the quote by President Boyd K. Packer (see the column on the right) and the scriptures below. Underline the promised blessings for those who worship in the temple.

“And that they may grow up in thee, and receive a fulness of the Holy Ghost, and be organized according to thy laws, and be prepared to obtain every needful thing”
(Doctrine and Covenants 109:15).

“And when thy people transgress, any of them, they may speedily repent and return unto thee, and find favor in thy sight, and be restored to the blessings which thou hast ordained to be poured out upon those who shall reverence thee in thy house”
(Doctrine and Covenants 109:21).

“And we ask thee, Holy Father, that thy servants may go forth from this house armed with thy power, and that thy name may be upon them, and thy glory be round about them, and thine angels have charge over them” (Doctrine and Covenants 109:22).

“We ask thee, Holy Father, . . . that no weapon formed against them shall prosper”
(Doctrine and Covenants 109:24–25).

“In the ordinances thereof, the power of godliness is manifest.”

DOCTRINE AND COVENANTS 84:20

“We would do well to study the 109th section of the Doctrine and Covenants and to follow President [Howard W.] Hunter’s admonition ‘to establish the temple of the Lord as the great symbol of [our] membership.’”

QUENTIN L. COOK,
“See Yourself in the Temple,” *Ensign or Liahona*, May 2016, 99; quoting *Teachings of Presidents of the Church: Howard W. Hunter* (2015), 178.

“The Lord will bless us as we attend to the sacred ordinance work of the temples. Blessings there will not be limited to our temple service. We will be blessed in all of our affairs. We will be eligible to have the Lord take an interest in our affairs both spiritual and temporal.”

BOYD K. PACKER,
The Holy Temple
(1980), 82.

Step 2: Individually ponder, “What do I need to change in my life to participate in temple ordinances more often?”

Commit: I will set a date to attend the temple if I have a temple recommend. If not, I will set a meeting with my bishop or branch president to discuss how I can prepare to receive my temple ordinances.

DOING WHAT MATTERS MOST

If you are unable to watch the video, read this script.

NARRATOR: A plane crashed in Florida one dark night in December. Over 100 people were killed. It was just 20 miles from safety.

PRESIDENT DIETER F. UCHTDORF: After the accident, investigators tried to determine the cause. The landing gear had indeed lowered properly. The plane was in perfect mechanical condition. Everything was working properly—all except one thing: a single burned-out lightbulb. That tiny bulb—worth about 20 cents—started the chain of events that ultimately led to the tragic death of over 100 people.

Of course, the malfunctioning lightbulb didn't cause the accident; it happened because the crew placed its focus on something that seemed to matter at the moment while losing sight of what mattered most.



The tendency to focus on the insignificant at the expense of the profound happens not only to pilots but to everyone. We are all at risk. . . . Are your thoughts and heart focused on those short-lived fleeting things that matter only in the moment or on things that matter most?

(See “We Are Doing a Great Work and Cannot Come Down,” *Ensign* or *Liahona*, May 2009, 59, 60)

Back to page 174.

“The end for which each of us strives is to be endowed with power in a house of the Lord, sealed as families, faithful to covenants made in a temple that qualify us for the greatest gift of God—that of eternal life. The ordinances of the temple and the covenants you make there are key to strengthening your life, your marriage and family, and your ability to resist the attacks of the adversary. Your worship in the temple and your service there for your ancestors will bless you with increased personal revelation and peace and will fortify your commitment to stay on the covenant path”

RUSSELL M. NELSON,
“As We Go Forward Together,” *First Presidency Message, Ensign*, April 2018.



LEARN—Maximum Time: 60 Minutes

1. RECOGNIZING OUR PROGRESS



ACTIVITY (15 minutes)

Step 1: Over the last few weeks, we have learned many skills to improve our emotional resilience. Assess your level of overall improvement in each of the following categories. Check the box next to the areas where you feel like you have improved during this course.

- | | |
|--|---|
| <input type="checkbox"/> Caring for my physical health | <input type="checkbox"/> Adapting to and embracing change |
| <input type="checkbox"/> Managing my thought | <input type="checkbox"/> Managing my emotions |
| <input type="checkbox"/> Managing feelings of stress and anxiety | <input type="checkbox"/> Expressing gratitude |
| <input type="checkbox"/> Managing feelings of sadness and depression | <input type="checkbox"/> Providing strength to others |
| <input type="checkbox"/> Managing feelings of anger | <input type="checkbox"/> Being emotionally resilient |
| <input type="checkbox"/> Building healthy relationships | <input type="checkbox"/> Feeling spiritually strengthened |

Step 2: Write three ways you have improved your emotional resilience during this course.

1. _____
2. _____
3. _____

Step 3: At the start of this group, you identified a personal change you wanted to make (page 21). Take a moment to answer the questions below.

What was the personal change you wanted to make?

What went well with your efforts?

What challenges did you face?

What's your plan moving forward?



Discuss: Share some of the thoughts you wrote down on page 177. What went well? What challenges did you face in your efforts to change and how did you progress through those challenges?

2. LEARNING FROM OUR SETBACKS

Read: Setbacks are a natural part of life and are an expected part of any efforts to change. Your setbacks can teach you ways to continue your progression. When you face setbacks, it is helpful to focus on improvement and not perfection. Elder Kim B. Clark taught: “None of us are perfect. Sometimes we get stuck. We get distracted or discouraged. We stumble. But if we look to Jesus Christ with a repentant heart, He will lift us up, cleanse us from sin, forgive us, and heal our hearts. He is patient and kind; His redeeming love never ends and never fails” (“Look Unto Jesus Christ,” *Ensign or Liahona*, May 2019).

By turning to the Savior in setbacks, you can develop a perspective of progress rather than perfection. One way to deal with setbacks is to compare them to taking a trip. Imagine you are traveling to a neighboring town. On your way, you experience a flat tire. Do you start your trip from the beginning to fix the tire? No. You find a way to fix it where you are and continue your journey. You don't have to start over when you have a flat tire. Similarly, when you experience a setback you may think all your progress is erased and you have to start all over, but that is not true. Experiencing a setback does not bring you back to the beginning. You can find ways to fix the problem where you are and move forward. Setbacks can even show you places you may need to improve.

Discuss: What have you learned from your own setbacks?

3. ENDURING OUR CHALLENGES WELL

Read: In mortality we must learn to live with challenges and afflictions. We may strongly desire to be symptom-free and we strive for perfection. But sometimes, even with our best efforts, symptoms of emotional challenges remain. We must learn to live with these challenges. This does not mean that we give up. Instead, we can move forward with faith. Such a perspective helps us feel peace and be more resilient.

Elder Dieter F. Uchtdorf taught: “There is an important concept here: patience is not passive resignation, nor is it failing to act because of our fears. Patience means active waiting and enduring. It means staying with something and doing all that we can—working, hoping, and exercising faith; bearing hardship with fortitude, even when the desires of our hearts are delayed. Patience is not simply enduring; it is enduring well!” (“Continuing in Patience,” *Ensign* or *Liahona*, May 2010).

Watch: “Come What May, and Love It”

(ChurchofJesusChrist.org/media-library/video/2009-01-03-come-what-may-and-love-it [3:31])

Discuss: What counsel can you apply to your life from this video?

4. SETTING PERSONAL CHANGE GOALS

Read: Throughout this course you learned skills to help you make changes in your life. You have set, worked on, and reported on goals to practice these skills. President M. Russell Ballard taught: “Set short-term goals that you can reach. Set goals that are well balanced, not too many nor too few, and not too high nor too low. Write down your attainable goals, and work on them according to their importance. Pray for divine guidance in your goal setting” (“Keeping Life’s Demands in Balance,” *Ensign*, May 1987, 14).

Heber J. Grant often quoted Ralph Waldo Emerson when he said, “That which we persist in doing becomes easier for us to do—not that the nature of the thing has changed, but that our power to do is increased” (Leon R. Hartshorn, “Heber J. Grant: A Man Without Excuses,” *New Era*, Jan. 1972).

ACTIVITY (10 minutes)

Step 1: You may want to continue making progress on your current changes and goals. You may also consider choosing a different goal to improve your emotional resilience. Take a moment to write a goal below. Remember President M. Russell Ballard’s counsel above.

Step 2: Answer the questions below.

What skills have I learned that I can apply to this goal?

What personal strengths and resources can I draw on?

What steps will I take to achieve this goal? What personal strengths and resources can I draw on?

Who can I be accountable to? Who can support me in this goal?

Read: “Our business in life is not to get ahead of others but to get ahead of ourselves. To break our own record, to outstrip our yesterdays by today, to bear our trials more beautifully than we ever dreamed we could, to give as we never have given, to do our work with more force and a finer finish than ever—this is the true objective” (Thomas S. Monson, “The Lighthouse of the Lord: A Message to the Youth of the Church,” *Ensign* or *Liahona*, May 2001).

Discuss: How is goal-setting a part of God's plan for us?

5. SEEKING HELP THROUGH THE SAVIOR

Read: Brother Tad R. Callister taught: “The Savior's Atonement gives us life for death, ‘beauty for ashes,’ healing for hurt, and perfection for weakness. It is heaven's antidote to the obstacles and struggles of this world. In the Savior's final week of mortality, He said, ‘In the world ye shall have tribulation: but be of good cheer; I have overcome the world.’ (John 16:33) Because the Savior performed His atonement, there is no external force or event or person—no sin or death or divorce—that can prevent us from achieving exaltation, provided we keep God's commandments. With that knowledge, we can press forward with good cheer and absolute assurance that God is with us in this heavenly quest” (“The Atonement of Jesus Christ,” *Ensign* or *Liahona*, May 2019).

The Lord wants to comfort and support us. He has promised, “Be thou humble; and the Lord thy God shall lead thee by the hand, and give thee answer to thy prayers” (Doctrine and Covenants 112:10). The following are a few ways you can seek divine help:

- Forgive yourself and others.
- Pray with faith, humility, and gratitude.
- Feast upon the scriptures and teachings of living prophets.
- Attend the temple.
- Remember the Sabbath day and keep it holy.
- Partake of the sacrament and always remember the Savior.
- Realize that having and asking questions is an important part of receiving revelation.
- Remember the Savior wants to help you with your goals.

Discuss: What are other ways we can seek the Lord's help?

6. SEEKING HELP FROM OTHERS

Read: God doesn't want us to go through our trials alone. It is often through another person that He meets our needs. God has and will put people into our lives to help us and support us during our trials. Places we can turn to for help include:

- Family and trusted friends.
- Church leaders and ministering sisters or brothers.
- Community resources.
- Professional help.

Discuss: How have others helped you during this course?

Seeking Professional Help

Read: It's hard to know whether or not to seek professional help. The situations below are warning signs which might indicate a need for professional help. For example:

- You suffer from persistent feelings of overwhelming anger, sadness, fear, emotional pain, or hopelessness. Regardless of what you do, these feelings remain and are often mentally and physically debilitating.
- Despite the feelings sometimes coming and going, the issues have continued for many months.
- You feel physically incapacitated, and your appetite and sleep patterns change.
- You have an uncontrollable sense of worry and anxiety.
- You contemplate either harming yourself or others.
- Your ability to function on a day-to-day basis is affected, and the issue limits your productivity.

If you are experiencing some of these warning signs and are worried about your health, talk to a health care professional or someone you trust.

Note: Additional information on choosing the right professional for you can be found in the Resources section at the end of this chapter.

7. CONCLUSION

Read: Congratulations on completing this course! Many of the things you have discussed cannot be accomplished in 10 weeks. However, you may have developed some habits that can help you progress toward greater emotional resilience. You can review the chapters in this workbook often to remember and practice these principles and skills.

Discuss: As a group, voluntarily share your experiences from this course. Consider sharing the most helpful skills you learned, spiritual experiences, ways you've changed, or how the Lord has blessed you during this course.

Read: After completing this course, some groups choose to continue meeting together but less frequently. Some find value in consistently learning together, supporting each other, and working to overcome challenges. Others have used text messages or social media to regularly offer encouragement, share articles, videos, and other content.

Discuss: Would you like to stay in contact with each other? If so, how would you like to do it?



PONDER—Maximum Time: 5 Minutes

Individually think about what you have learned today and consider what God would have you do. Read the scripture and write your responses to the questions below.

“For I the Lord thy God will hold thy right hand, saying unto thee, Fear not; I will help thee.” (Isaiah 41:13)

What are the most meaningful things I learned today?

What is one thing I will do as a result of what I learned today? (This will be your personal commitment for the week.)

Commitment Ideas: Seek appropriate help for support.
Practice responding to triggers in healthy ways.
Learn what resources are available in your community.



COMMIT—Maximum Time: 5 Minutes

Each week we make commitments. Your response in the Ponder section could become your personal commitment for the week. When we meet next week, we will begin by reporting on our commitments. Read through the following commitments. Besides contacting and supporting your action partner(s), decide which of the commitments below you will commit to. Please read each of your commitments aloud to your action partner. Promise to keep your commitments and then sign below.

MY COMMITMENTS

- A** I will set a date to attend the temple or prepare to receive my temple ordinances (see page 175).

- B** I will write one thing I am grateful for each day and thank God for it.

- C** I will work on my personal commitment (from the Ponder section, see page 184).

- D** I will share what I've learned today with family or friends.

My signature

Action partner's signature

RESOURCES

Finding the Right Professional Help

When you make the choice to seek professional help, recognize that you become a consumer of a service and have the right to ask questions. Consider looking for a professional who meets the following characteristics:

- Understands and respects your values. When you choose to seek help, you get to help determine the desired outcomes. Find a professional who respects client self-determination, or your ability to choose what you want to get out of the therapy, treatment, or other help.
- Can explain their training and experience and how it relates to your needs. Some qualified professionals include licensed marriage and family therapists, licensed clinical social workers, psychiatrists, psychologists, professional counselors, and so on.
- Has sessions that are right for you. Consider the length of their sessions, the cost of their sessions, and other factors as you decide what fits your needs.
- Is willing to consult with your Church leader on your progress and offer counsel on how he or she and your leader can work together to help you.

Goals, Benefits, and Risks

Your goals are more likely to be met when you understand the nature and limitations of counseling. Counseling is intended to help you understand and influence your thoughts, feelings, and behaviors. Many people experience improvement or resolve their concerns through the counseling process. Ultimately, establishing a relationship of trust will be vital to making progress in therapy. Pay attention to your initial emotional response when you talk with the professional. Trust yourself and your judgment as you look for a good fit for your needs and personality. If you don't feel comfortable, keep looking. Although counseling outcomes cannot be guaranteed, your commitment to the process will greatly influence how beneficial it is for you.

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