

On Your Own

- 4.1 Because of the feminist movement in America, some women have been taught to resent when men open doors for them. They interpret the door-opening kindness as patronizing, which means the woman believes the man is acting as if he is superior to her. What should a chivalrous young man do today when he sees a door that needs to be opened in front of a woman?

Project 4.1: Who Is Responsible?

Who in your family takes care of the tasks below—Mom, Dad, both, a child, or children? Note on the list below who takes responsibility. Which household tasks would you prefer when you have your home? Circle these.

TASK

WHO IS RESPONSIBLE

Scheduling/performing car maintenance

Balancing the checkbook, paying bills

Tending the garden

Doing laundry

Answering e-mails

Decorating for Christmas

Preparing meals

Shopping for clothes and food

Caring for animals/livestock

Cleaning, dusting, vacuuming

Planning parties

Taking out trash and recyclables

Repairing clothing

Repairing appliances

Caring for young children

My Thoughts:

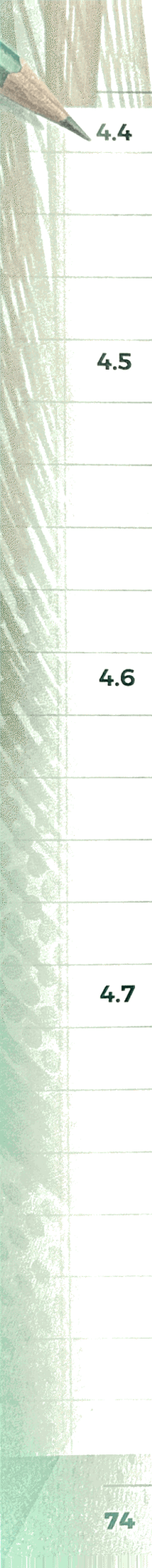
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4.2 Most of the following qualities are important to a smoothly running family. Two qualities are not. Which 2 are they? Why?

respect	obedience	individuality	inconsistency
joy in being together	forgiveness	commitment	rigid rules
safety	service done together		

4.3 If you have siblings, what goals could you have in common with them? Take some time to think about this in terms of:

- a. family peace (cooperation)
- b. family business or economics (income for the family)
- c. family projects (time or resources committed to improving something)
- d. family defense (mutually coming to one another's aid)



4.4

Two friends who are both firstborn children tend to irritate each other. Why might this be so?

4.5

Why do you think middle children are often better at mediating conflict than older or younger siblings?

4.6

What do you think makes a middle child want to do things differently than his oldest sibling?

4.7

What must the youngest child do to throw off the reputation of being the baby of the family?

What qualities do you see in yourself—because of your birth order—that are suggested by the textbook discussion? Do you follow the predictable pattern or not? Is there something you learned from this reading that helps you understand why you act the way you do? Is there a weakness of birth order you see in yourself that you would like to work on?

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Project 4.3: Expressing Thanks to Extended Family

On a separate piece of paper, spend 10 minutes writing a thank-you note to an extended family member who has been encouraging to you, especially if it is a person you do not see often. Perhaps your note will lift this person's spirits. If you must choose between several family members, you might choose the oldest one. Affix the appropriate postage stamp and mail the thank-you note.

Now write a paragraph on the relationship you have with this extended family member. How are you related to this person? What memory of this person is most significant to you? What did you thank this family member for? How has knowing this person changed you?

Project 4.4: Overcoming Low or High Self-Worth

1. In what arena of your life do you constantly compare yourself to others? Write a paragraph describing your low self-worth because of some aspect of your appearance, intelligence, athletic ability, or other measure that disappoints you.

Now, let's look at the truth. Which one (or more) of the following true statements would you like to remember the next time you catch yourself comparing yourself to others?

- a. Even a person who is greatly talented will eventually meet a more gifted person.
 - b. How arbitrary being first is! The big fish in a little pond doesn't look so big in a bigger pond.
 - c. I have been given exactly the qualities I need for life and for living in God's will (2 Peter 1:3).
 - d. I am so valuable that God keeps track of every detail, even how many hairs are on my head! (Matthew 10:30)
 - e. I am grateful for the gifts God has given me; and what He gives, He can take away. They are not mine to begin with.
 - f. Second place and third place are honorable and important too.
2. Sometimes a person will fixate or obsess about some righteousness he is able to claim for himself and become self-righteous. This is what the Pharisees of Jesus' day did. Jesus was harsher on the righteous Pharisees than He ever was on sinners. Is there some area of self-righteousness in your life, perhaps in your appearance, your intelligence, your standards, your abilities, your family, your sportsmanship? Write a paragraph about it.

Now, let's look at the truth. Which one (or more) of the following true statements would you like to remember the next time you catch yourself basking in self-righteousness?

- a.** I need to think of myself with "sober judgment," which means honestly looking at my less-than-perfect behavior (Romans 12:3).
- b.** Sin is not just actions; it includes my intentions and the thoughts I dwell on (Matthew 5:28).
- c.** My self-righteousness is a sin that causes great evil (Matthew 5:22).
- d.** I confess I am also a sinner in great need of a Savior.
- e.** I have been forgiven much. I should extend that grace to others.

4

[illegible]

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4.8

For each situation described, choose a helpful skill set from the list below.

Situations

1. Many older people attend your church or live in your neighborhood but do not have young people as friends. Pursuing friendship with older people will give you **mentors**, people with more age and experience than you have who would love to spare you the pain they suffered if you would only learn from them. Which skill set (listed below) do you need if you are to benefit from mentors? _____
2. Children also attend your church and live in your neighborhood. Pursuing friendships with children will keep you playful and joyful and offer you an opportunity to serve and mentor. As a high school student, you will automatically score points for coolness, in the opinion of children. Which skill set do you need to be a mentor to a child? _____
3. Pursuing friendships with those from another culture can be challenging. Our country has received millions of refugees from around the world who would enjoy having a native-born American for a friend. To simplify this question, assume the potential friend is your age. What skill set do you need? _____

Skill sets

- a. willingness to adapt to the friend's cultural preferences (e.g., trying foreign food or taking off shoes at a home's entrance), learning simple greetings and expressions in another language, hospitality
- b. being humble and teachable, asking good questions, listening well, being thankful and genuine
- c. having a critical spirit, a mocking tone, and impatience
- d. patience, adaptability, creativity, kindness, and humor

Project 4.6: Acts of Service to Overcome Loneliness

Sometimes when loneliness hits, it is difficult to be creative, so let's think ahead. Today's project involves preparing a list of at least 5 acts of service for others you could do if you were lonely, were given the opportunity, and had the time and resources needed. This is a list for the future, for you to keep until an opportunity arises. It could look something like this:

PERSON(S)	PROJECT	TIME	COST
Grandpa	weed his garden	2 hours	none
The church	paint classrooms	many hours	none if church buys paint
Mom	sort the garage	afternoon	buy bins or use boxes
Aunt Jane	run her garage sale	weekend	travel to her house
Salvation Army	ring bell for kettle	2 hours	pride!
Zoo	volunteer	weekly hours	uniform
New mother	take a meal	1 day	groceries, baby toy

PERSON(S)	PROJECT	TIME	COST

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4.9

- a. **This quote from British bestselling author and humorist Douglas Adams is meant to be confusing. Is it, or is it not, tea?**

"He had found a Nutri-Matic machine which had provided him with a plastic cup filled with a liquid that was almost, but not quite, entirely unlike tea" (Adams 1979, 122).

- b. **This quote from American novelist E. B. White starts out making us angry. Is it deep, or is it nonsense?**

"Prejudice is a great time-saver. You can form opinions without having to get the facts" (White 2016).

- c. **The following lyrics from American composer and lyricist Stephen Schwartz (1995) are meant to be poetic. Even though the song containing these lyrics won an Academy Award, is this question deep or is it nonsense?**

"Can you paint with all the colors of the wind?"

4.10

You already know most American social conventions. Which social conventions make you appear professional when giving a speech or an interview? Circle them.

- | | |
|--|---|
| a. interrupting another speaker | m. yelling |
| b. smiling | n. speaking at an appropriate volume level for the situation |
| c. laughing hysterically | o. throwing your hair back away from your face repeatedly during the conversation |
| d. picking at your teeth | p. letting hair fall in front of your eyes |
| e. scratching your face | q. taking care that your hair is out of your eyes before you begin |
| f. introducing yourself modestly | r. having body odor |
| g. introducing yourself with all the awards you've ever achieved | s. wearing a light scent |
| h. making fun of the audience or interviewer | t. wearing heavy perfume |
| i. constantly contradicting the other person | u. chewing gum |
| j. being late | v. having clean clothes and hair |
| k. being a little early | |
| l. speaking so softly that it is hard to hear you | |

On Your Own

4.11 Match each body language clue (on the left) with what it typically reveals about someone in a conversation.

- | | |
|---|--|
| _____ arms crossed in front of the chest,
leaning back away from the speaker | a. lying |
| _____ uncrossed legs, relaxed posture | b. disbelief |
| _____ mirroring another person's gestures | c. interest in what is
being said |
| _____ looking elsewhere, touching the ear,
or rolling the eyes | d. resistance or
rebellion |
| _____ tilting the head, leaning toward the
speaker | e. putting the other
person at ease |
| _____ excessive blinking or no blinking | f. trust |

4.12 You are meeting someone for the first time at church. What greeting form should you use and in what order? List the steps by number. Some steps may occur simultaneously. Some are not used.

1. Ask the other person's name and repeat it so you can remember it.
2. Continue to shake hands while you talk with the person, holding on as tightly as you can so the person can't escape.
3. Extend your hand into a handshake, look at the person's eyes, and smile.
4. Introduce yourself, using first and last names.
5. Kiss the person on the cheek.
6. Make the other person do all the gripping in the handshake.
7. Pat the person on the back.
8. Release the person's hand.
9. Rest your left hand on the person's right shoulder.
10. Shake hands firmly, up and down.
11. Step toward the person.
12. Think of a few nicknames for your new acquaintance and try them out.

Proper order: _____

4.13 When a stranger hurls angry words at you and you respond with angry words, what could be the consequences?

4.14 When someone who has been given limited authority and a microphone mocks you from the front of a gathering and you respond with the first thing that comes into your head, what typically happens?

4.15 An emotionally unhealthy habit, adopted by many of the nicest people in the world, is codependency, which means taking all the responsibility for someone else's poor decisions. For instance, someone who is unemployed and addicted to drugs lives with his mother, who buys the groceries, pays the light bill, and provides clothing and shelter. The addict has no responsibilities. When the addict ruins something, the codependent caregiver excuses the addict. The mother thinks she is doing something helpful and loving. But is she? _____

a. What is the codependent mother preventing in the life of her child?

b. What is she giving up if she evicts the addict?

Project 4.7: Practicing Refusal

To whom do you have the most trouble saying no? Other than true authorities (such as your parents) to whom you are responsible, who is the one who manipulates you into action or commitments that you resent? Do you bend to this person's will because you are fearful, or is there another reason?

Next time you'll be ready. Write a paragraph about the situation. Then write a second paragraph describing yourself saying no the next time this person manipulates you. Write out that you will not let the person's anger, silence, tears, or humiliation of you bend you to his or her will.

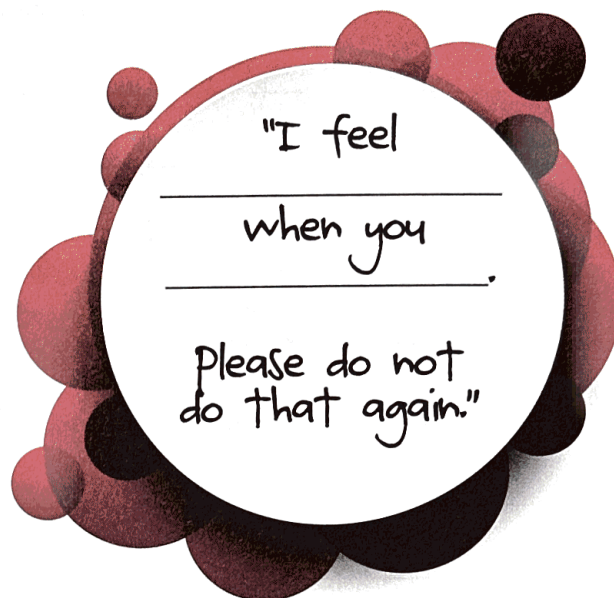
How do you feel about this new state of affairs? Isn't no a nice word?

Project 4.8: Reflection to Aid in Boundary Setting

Almost everyone has been damaged by someone hurling emotional poison. Reflect on the last time you were hurt by emotions thoughtlessly or angrily expressed by someone close to you. It won't take long to remember! Write out the confrontation sentences, inserting the feeling and the act that was done against you.

Next time this happens, plan on setting a boundary, and don't forget to forgive the offender from your heart. This will free you of resentment. Now that you have a plan, you don't need resentment to protect yourself!

Model for Confrontation



Spoken in private conversation, the words you fill in help you express boundaries. (Jennifer Degler, PhD, 2014).

Study Guide

Review Questions

1. What is social health?

2. What is the sanctity of life?

3. What is culture and what kind of standards does culture define for people?

4. What is the difference between gender and gender role?

5. Define the following:

monogamy: _____

complementary: _____

polygamy: _____

polyandry: _____

polygyny: _____

multiple marriage: _____

6. What 2 qualities are most important in family stability?

1. _____

2. _____

7. What is 1 goal parents have for their children? What 2 qualities define it?

8. Fill in the blanks with words from module 4.

_____ are children who share the same parents. The interactions of these children are affected by _____, the sequence of the children from oldest to youngest.

Oldest children tend to be like little _____, often raised to be perfection-

ist, critical, and bossy, but they are often the most _____. Middle children tend to feel less _____ than the others, but they have _____ friends and are more _____ about life than the others. _____ children tend to be manipulative, charming, and irresponsible. Adopted children leave their _____ of _____ to join a new family. Occasionally, they are insecure in the new family and suffer from _____ disorder for a period.

9. What is a nuclear family? What is extended family?

nuclear family: _____

extended family: _____

10. Fill in the blanks with words from module 4.

Socialization is the process whereby a person is brought from _____ immaturity to _____, politeness, _____ for one's own actions, and the performance of the requirements for _____.

11. Give 3 reasons for making friends.

1. _____

2. _____

3. _____

- 12.** a. What does the habit of comparing yourself with others do to self-worth?

- b. How does a person become self-righteous?

- c. What potential friend might you overlook if you focus on competition?

- d. What potential friend do you overlook if you are self-righteous?

- 13.** Define the following:

mentor _____

romance _____

flirting _____

platonic relationship _____

14. Give 5 reasons you should keep opposite-sex, high school friendships platonic for now.

1. _____

2. _____

3. _____

4. _____

5. _____

15. How does a person overcome loneliness? _____

16. Name 2 benefits of an animal companion.

1. _____

2. _____

17. Fill in the blanks with words from module 4.

Communication must be clear. First ask, is the concept _____, or is it nonsense? Second, avoid _____ and use words people understand. Third, to be understood, observe _____. Sometimes, limit the information you share. This is using _____. As Christians, we must avoid _____. One helpful use of understanding body language is to make other people feel _____. _____ is thinking first of the other person and her needs.

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- _____
- _____
- _____

- 22.** Make a chart listing 6 general principles for resolving conflict and why they are important.

- 23.** Dr. Ravi Zacharias says the Ten Commandments illustrate God's view of the sacredness of areas of our lives. List the commandments that he uses and then list what is sacred based on each command.



Answers to this Study Guide are found online on your book extras page. When you feel confident that you have mastered the materials in this module, you can find the exam at the back of this notebook. Your parent or teacher will grade your exam.