

## SERIES: MEAN PEOPLE

Episode 1: "Even is Easy"

Have you ever been mean to someone simply because they were mean to you? But getting even doesn't end the cycle of hurt does it? So instead of getting even, let's get ahead.

## QUESTIONS

- Describe a situation where you
  had to deal with a mean person
  in your life. How did you respond
  to them? Looking back, are you
  satisfied with your response?
- Why do you think it's so hard
  to repay unkind acts with acts of kindness?
- Do you have a story in your life to serve as a reminder that you don't always need to take matters into your own hands? (Maybe a friend stood up for you when you least expected it, or you received a promotion at work just when you thought you couldn't work that way any longer?)

## NOTES

## **BOTTOM LINE**

Being mean to someone because they were mean to us doesn't end the hurt cycle, it only makes us act like the person we dislike.

Learn something new? Have any epiphanies? Tweet your story and tag us @YourMove.