

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.