

Build a Child's Character With The Five Golden Rules for Staying Connected to Children

Unit 2

A. *** First thoughts first-** In this section of the video, Dr. Birchak will talk about mentors. Describe a mentor in your life who you really wanted to please. Why did you feel so connected to them? How did they treat you, and validate you in such a way that you cared deeply about them? What can you do to continue to pass this sense of caring on to others?

B. **Video - 10 minutes**

Fundamental Differences #2, #3, and #4

Discussion Questions

Fundamental Difference #2

Problem Solving- Internal vs. External

1. *** In counseling we often talk to people about their "locus of control."** This a concept having to do with whether we believe things outside of us tend to control us, or whether we believe we can choose how we want to view those events. In the video, Dr. Birchak refers to the book *Mans Search for Meaning* and Viktor Frankl's life as he lived in a Nazi execution camp in World War II. In spite of horrible conditions he believed he still had the ability to choose how he wanted to react to a given set of circumstances. Give an example of how you chose to see a situation as miserable but later realized it was not. What have

you learned from this? And, from this lesson, have you chosen to approach life differently or behave differently in the future? Why? Or, why not?

2. In psychology we also talk about the "locus of pathology." This has to do with a belief about where the psychopathology comes from. Some believe an individual causes their own, others believe it's the family, or culture, or society, and others believe it's a combination. Choose an area you believe you could act upon (individual, family, society), and describe one thing you could do to increase your influence upon others in that area.
3. Dr. Birchak described how miserable people say, "These things always happen to me!" Obviously, they believe the world is causing their misery. All of us are susceptible to blaming our environment for our problems. Describe two positive habits of behavior (or thinking) that you notice in people who tend believe they are the authors of their life.
4. *** What's the difference between a crisis and an inconvenience?**
Dr. Birchak indicates that peaceful well-adjusted people have the ability to differ between the two. Describe one way you could help yourself, and one way you could help others in de-escalating our crises to inconveniences.

Fundamental Difference #3

Conscience - Feeling What Others Feel

5. Brainstorm two behaviors you could employ in your everyday relationships to could build empathy in others.

Fundamental Difference #4

Social Understanding - Seeing Differences as a Source of Wisdom

6. How often do you experience "miserable people" who experience differences as a threat? Name one thing you can do to more effectively deal with them.

7. * Dr. Birchak described how a teacher guided children toward solving their own problems. Brainstorm two ways we can help children to solve their own problems.

C. Reading discussion questions.

Turned out okay

If the world were perfect it wouldn't be

Commit to change

If the world the child inherits is more violent than the one they came into

D. Reading for the next unit- For the upcoming unit read **Chapter 1** in the book *How to Build a Child's Character- By Tapping Into Your Own* (Birchak, 2004, Royal Fireworks Press, Uniondale, NY)