

CONFLICT

**When I hold a grudge against someone,
I am stopping my own growth.**

Conflict Resolution: Don't Hold That Grudge!

Lesson Summary

Teacher: 30 Minutes

This lesson focuses on healthy conflict resolution and the damaging consequences of holding a grudge against someone.

Define it:

When we get offended by someone, a bad seed can sometimes be planted in our hearts. This seed can grow to cause damaging effects not just on us but on the people around us. When we hold a grudge against someone, it's like drinking poison because the anger is internal, and it causes unhealthy hormones to be released in the brain. Have you ever gotten so mad at someone that it ruined your entire day? It wasn't their fault; it was yours because you let them control your emotions so much that it ruined your day!! That's just one of the negative effects of holding a grudge and how it can ruin your day and even your life if left unchecked. It can also cause health problems like stomach ulcers, headaches, and a bad attitude.

Example.

Your coach at school makes you do pushups and laps because of something that another kid did that you had nothing to do with. You get angry with the coach because he knows that this kid is a class clown and always draws attention to himself, but instead of dealing with it the way you think he should, he disciplines the entire team.

Let's Talk About It.

It seems like the coach is punishing everyone for one man's sin. But if you look closer, instead of holding a grudge, there may be a lesson about teamwork hidden inside!

- Do you see any possible good lessons from what the coach did?
- Why or why not?
- Have you ever felt so angry at a person that you were blinded to listening or even being open to talking about it?



Let's look and discuss.

Do you see a method to why the coach chose to have the team do laps and pushups TOGETHER? Look at the word, T-O-G-E-T-H-E-R. When we learn together, it helps us to grow together. Holding grudges can also keep us from learning a good LIFE LESSON. Life Lessons are lessons that we learn from experiences that we have in life.

What are some other choices we can make instead of holding a grudge?



1. Instead of holding a grudge, write how you feel about the situation in a journal or notebook. This will help release the pressure of anger and other emotions that come along with anger, like fear, depression, and even anxiety inside us. (See the lesson on Anger Management!)
2. When we get mad at someone, we have to take time to ask ourselves if we are responding the right way.
3. We can only control ourselves, and if we keep anger against someone buried inside, it can explode, which will cause damage to us (See Anger Management lesson)
4. We can take responsibility for our actions and choices and not expect others to baby us!! This is called HEALTHY EXPECTATIONS!!



Video and Discussion: Mindset of Champions – 10-15 Minutes



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**We have healthy expectations when we understand that friends are not responsible for us.
You are responsible for YOU!!**

Write down a time when you held a grudge against someone or if you are holding a grudge against someone now.

Write down your thoughts about what is important to you when it comes to the qualities of a good friend.

What do you EXPECT from your friends?

Do you have high expectations for friends that may be too high?

Healthy Expectation starts with setting your expectation in the only person you can control, yourself. Put an expectation on you to be the best you that you can be.

Write down what expectations you can place on yourself starting today:

After you complete this assignment, take it home to remind yourself.