

# Paradigms

Let me share with you another list of statements made by real teens just like you. You've heard them before, and they are just as ridiculous as the list of stupid quotes.

"No one in my family has ever gone to college. I'd be crazy to think I could make it.

"It's no use. My stepdad and I will never get along. We're just too different."

"My teacher is out to get me."

Definition of a Paradigm [*pair-a-dimes*]:

Paradigms are like glasses. When you have incomplete paradigms about yourself or life in general, it's like wearing glasses with the wrong prescription. That lens affects how you see everything else. As a result, what you see is what you get. If you believe you're dumb, that very belief will make you dumb. If you believe your sister is dumb, you'll look for evidence to support your belief, find it, and she'll remain dumb in your eyes. On the other hand, if you believe you're smart, that belief will cast a rosy hue on everything you do.

Are your paradigms helping or hindering you?



List 4 Paradigms that you have in your life:



- 1.
- 2.
- 3.
- 4.

# Paradigm Shift



## Paradigm Shift Definition:

The following anecdote from Reader's Digest (contributed by Dan. P. Greyling) is a classic example of a paradigm shift:

A friend of mine, returning to South Africa from a long stay in Europe, found herself with some time to spare at London's Heathrow Airport. Buying a cup of coffee and small package of cookies, she staggered, laden with luggage, to an unoccupied table. She was reading the morning paper when she became aware of someone rustling at her table. From behind her paper she was flabbergasted to see a neatly dressed young man helping himself to her cookies. She did not want to make a scene, so she leaned across and took a cookie herself. A minute or so passed. More rustling. He was helping himself to another cookie.

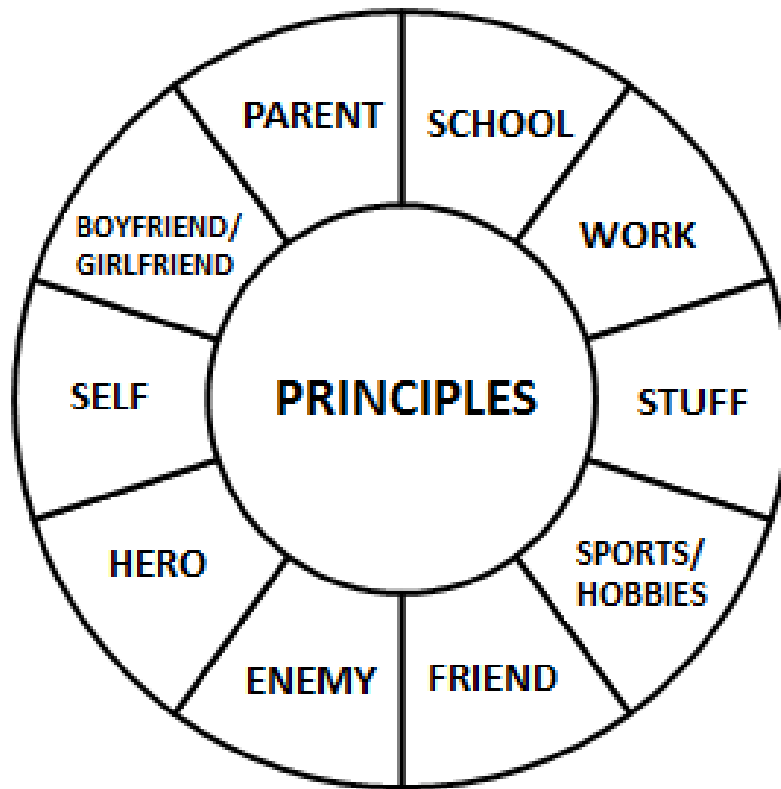
By the time they were down to the last cookie in the package, she was very angry but still could not bring herself to say anything. Then the young man broke the cookie in two, pushed half across to her, ate the other half and left.

Some time later, when the public-address system called her to present her ticket, she was still fuming. Imagine her embarrassment when she opened her handbag and was confronted by her package of cookies. She had been eating his.

**Personal Paradigm Shift:** Think of a time or event in your life in which you experienced a paradigm shift. Explain the event and how your perception changed.

# Principles Never Fail

What are Principles?



It takes faith to live by principles, especially when you see people close to you get ahead in life by lying, cheating, indulging, manipulating, and serving only themselves. What you don't see, however, is that breaking principles always catches up to them in the end.

Take the principle of honesty. If you're a big liar, you may be able to get by for a while, even for a few years. But you'd be hard-pressed to find a liar who achieved success over the long haul.

# Bank Account

## The Personal Bank Account (PBA): Your Self-Esteem

### The Personal Bank Account Definition:

### Inside Out

We crawl before we walk. We learn arithmetic before algebra. We must fix ourselves before we can fix others. If you want to make a change in your life, the place to begin is with yourself, not with your parents, or your boyfriend, or your professor. All change begins with you. It's inside out. Not outside in. I am reminded of the writings of an Anglican bishop:

*When I was young and free and my imagination had no limits, I dreamed of changing the world;*

*As I grew older and wiser I realized the world would not change.*

*And I decided to shorten my sights somewhat and change only my country. But it too seem immovable.*

*As I entered my twilight years, in one last desperate attempt, I sought to change only my family, those closest to me, but alas they would have none of it.*

*And now here I lie on my death bed and realize (perhaps for the first time) that if only I'd changed myself first, then by example I may have influenced my family and with their encouragement and support I may have bettered my country, and who knows I may have changed the world.*

### Possible Symptoms of a Poor Self-Esteem (PBA)

- You cave in to peer pressure easily.
- You wrestle with feelings of depression and inferiority.
- You're overly concerned about what others think of you.
- You act arrogant to help hide your insecurities.
- You self-destruct by getting heavily into drugs, pornography, vandalism, or gangs.

### Possible Symptoms of a Healthy Self-Esteem (PBA)

- You stand up for yourself and resist peer pressure.
- You're not overly concerned about being popular.
- You see life as a generally positive experience.
- You trust yourself.
- You are goal driven.
- You are happy for the successes of others.

# Bank Account

## The Relationship Bank Account (RBA): Relationship with Others

1. Unlike a bank where you may have only one or two accounts you have an RBA with everyone you meet. Suppose you come across a new kid in the neighborhood. If you smile and say hello you've just opened an account with him. If you ignore him, you've just opened an account as well, although a negative one. There's no getting around it.
2. Unlike a checking account, once you open an RBA with another person, you can never close it. That's why you can run into a friend you haven't seen in years and pick up right where you left off. Not a dollar is lost. It's also why people hang on to grudges for years.
3. In a checking account, ten dollars is ten dollars. In an RBA, deposits tend to evaporate and withdrawals tend to turn to stone. This means that you need to continually make small deposits into your most important relationships just to keep them in the positive.

### DEPOSITS: +

#### **PBA**

1. Keep Promises to Yourself
2. Tap into your Talents
- 3.

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#### **RBA**

1. Keep Promises with Others
2. Be Loyal
- 3.

### WITHDRAWAL: -

#### **PBA**

1. Lie to Yourself
2. Criticize Yourself
- 3.

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#### **RBA**

1. Keep to Yourself
2. Gossip and Break Confidences
- 3.