

MONDAY NIGHT SOLUTIONS

HATE WELL/DON'T PLAY FAIR
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Yes, it's true—there is a way to hate well! In fact, hating well is so important that it is one of Dr. Cloud's "Nine Things You Simply Must Do." Successful people allow the right kind of hate to function the way an immune system does, keeping their lives healthy. Both *what* you hate and *how* you hate are important—Dr. Cloud will discuss both aspects of hating well. "Don't Play Fair" is the next of the Nine Things, and just as thought-provoking. When or why would one *not* want to play fair? Dr. Cloud points out where playing fair falls short, and discusses the far more effective strategy used by people who do well in life.

OUTLINE

Part One: Principle 6, "Hate Well"

#1. Why we hate

#2. How we hate

#3. Transforming hate

#4. Assessing hate

#5. Doing better—you get what you tolerate

DVD small group discussion questions:

1. What are my feelings when I think of “hate”?
2. How does my hatred come out?
3. What will be my values of “things worth hating”?
4. What am I tolerating that I need to stop tolerating?

HATE WELL/DON'T PLAY FAIR
OUTLINE

Part Two: Principle 7, "Don't Play Fair"

#1. The good philosophy that always fails

#2. The reason to go beyond fair

#3. Get past your need

#4. Love lifts them up

#5. The log

#6. Give the opposite

DVD small group discussion questions:

1. Where can I see myself giving what I am given?
2. What feelings come up in me when I am asked to give “better than I have received”?
3. What need of mine gets in the way and where can I have that need met so I can do the right thing?
4. In what ways do I need to respond better in my situation?