

FOUNDATIONS

Section Two

Loving Others: Caring Behavior

LESSON 4: Affirmation

Key Points:

- Healthy Self-esteem: The four factors that contribute to our ability to love our selves.
- The “Four A’s” of “Caring Behavior.”
- Behavior # 1: Affirmation.

Hints for the material:

- Use the “Review” questions to see if your group understands the key concepts of the material from previous weeks. If you decide certain issues need more discussion or clarification, or if some of the group members have missed a lesson, you may want to take time to review as needed.
- Make sure you highlight the four parts of Caring Behavior (the Four A’s).
- Let everyone know it is acceptable if they weren’t able to fill in the entire list of positive qualities (page 35) -just as many as they can. They may get more ideas as sharing begins and they hear from others’ lists.

Extra Insight:

- When discussing healthy self-esteem, note that we’ve already covered the first and second factors, accepting our “true identity” and our “gifts and talents,” in Section 1, “Loving God: My True Identity.”
- By making and sharing our lists of “Positive Qualities”, we begin to look at the strengths of others, and replace criticism with affirmation.

Homework:

- Encourage the group members to complete and share their lists of “20 Positive Qualities” with their spouse or close friend. Some may be experiencing difficulty in their marriage. Even so, recommend they try to look past the negative in order to see the positive