



08



In the movie *The Blues Brothers* the characters played by Dan Aykroyd and John Belushi are being shot at by the character played by Carrie Fisher. Belushi stood Fisher up at the church on their wedding day and she is going to get her revenge by killing him.



However, he begs her not to do it. Then he tells her, “I ran out of gas. I had a flat tire. I didn’t have enough money for cab fare. My tux didn’t come back from the cleaners. An old friend came in from out of town. Some one stole my car. There was an earthquake. A terrible flood. Locusts. It wasn’t’ my fault. She softens and forgives him.



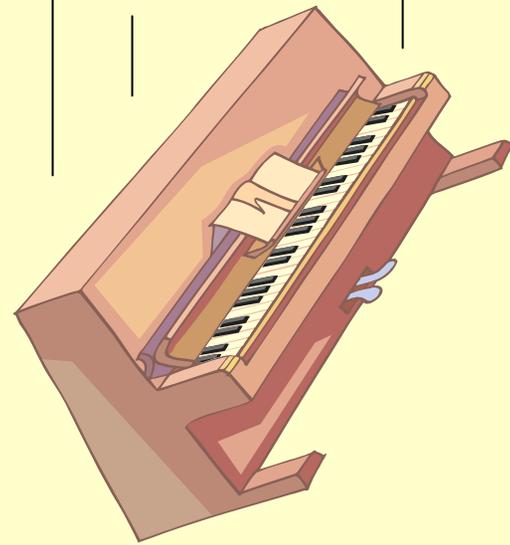
Write the number 1 on a piece of paper and then answer whether you think there really was a flood, locusts and earthquakes? Or did he just say those things to get out of a jam?

Write the number 2 on your paper and then write how you think it hurts a person, in the long run, when they knowingly make excuses for things they have done that hurt other people?

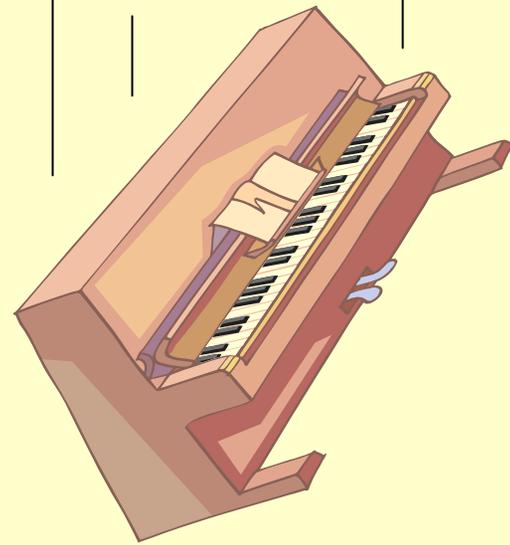


You are going to read two stories and then do an activity. The two stories are stupid – so don't say they are stupid – cause you have all ready been told that they are.

A man was walking down the street and a piano fell on his head.



Yeah, yeah – that was stupid. It wasn't a good story either.



Now for a second story. A guy was driving down the highway and a train pulled along beside him. He raced it to the crossing, tried to beat it, but didn't make it.





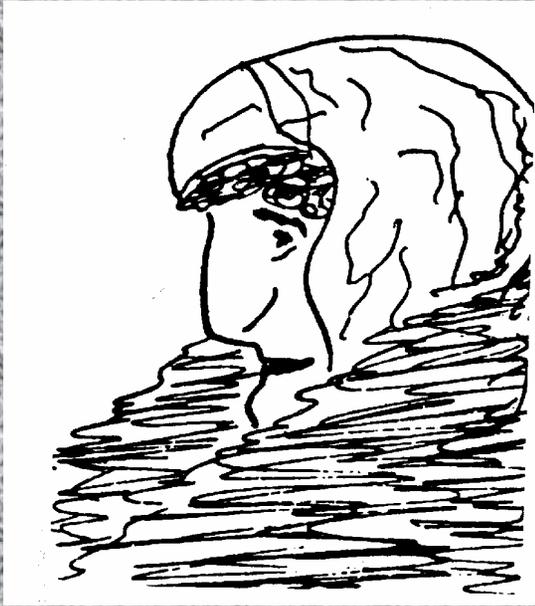
Now for the activity. Write the number 3 down on your paper.
Then write what this is a picture of.



Now write the number 4 down on your paper. Then write what this is a picture of.

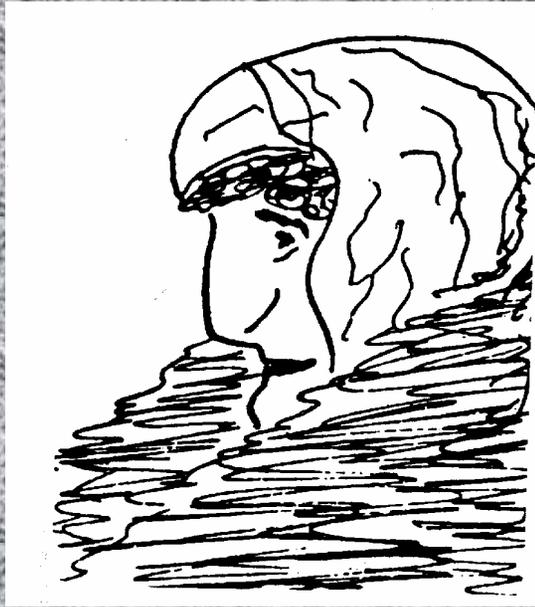


Some people see a picture of an old woman. Others see a picture of a young woman. Can you see both the young woman and the old woman?



Most people, if they see the above picture of an old woman, see an old woman when they look at the picture on the right.





Most people, if they see the above picture of an old woman, see an old woman when they look at the picture at the right.



If, however, that had been shown the above picture of a young woman first, that probably would have seen a young woman when that looked at the picture on the left.





If you study this picture for a while, you will see both an old woman and a young woman. Whichever picture a person see first (young woman or old woman) conditions them to see this picture as being similar. It's as if our earlier experiences color the way we think about later experiences.

Following are some terms. Think about how they relate to the two stories we just read and the young/old woman picture.

Fate refers to things that happen to us that we had no part in causing and cannot change. We have no choice. For example, you did not pick your race.

Nature refers to things you do because you like to do them that way. For example, you like to dive off the high board at the swimming pool, because you like the excitement.

Nurture relates to things you do because you were raised to do them. For example, your dad taught you to help people in need, so you do.

Fate refers to things that happen to us that we had no part in causing and cannot change. We have no choice.



Nature refers to things you do because you like to do them that way.



Nurture relates to things you do because you were raised to do them.

Write the number 5 on your paper and then match the picture with the definition. For example, old/young woman and nature.



Fate refers to things that happen to us that we had no part in causing and cannot change. We have no choice.



As a rule, most people pick the piano falling on the guy's head as fate, because it was not something that he had a part in causing. It just happened to him. He had no choice.

Nature refers to things you do because you like to do them that way.



Most people pick the train wreck for nature, because the guy likes to take chances and he took a chance and lost. He choose excitement.

Sometimes people pick the train wreck as nurture, because they were raised to take chances. Maybe, but most people who like to take risks choose to do so because they like the fun and excitement - not because of how they are raised.

Nurture relates to things you do because you were raised to do them.



Most people have a little harder time with nurture, because this example doesn't always jump out at them, but the old woman/young woman is like nurture. When a person saw the picture of the young woman first, it taught them to see things a certain way. Or if a person saw the picture of the old woman first, it taught them to see things a different way. Life is like that. If you were raised in a family to act a certain way, acting that way sort of just happens. If you were raised in a family to act a different way, then acting that way just sort of happens.

However, and this is a big however, just as the picture was not an old woman or a young woman, but both. – neither is the world all one way or all another, it is a bunch of ways. You are not stuck acting the way you were brought up. If you think about different ways of acting, you can choose to act differently than the way you were raised.

- a. My parents were alcoholics.
- b. I go drinking every Friday and Saturday night.
- c. I smoke pot every chance I get.
- d. My dad used to beat me.
- e. I am on probation.
- f. I have a good job.
- g. I have a bad job.
- h. I hang out in bars.

If fate means things that happen to us that we had no part in causing and cannot change, we had no choice, which of these things happened because of fate? Write the number 6 on your paper and then your answers.

a. My parents were alcoholics.

You don't pick your parents, so that would be fate.

b. I go drinking every Friday and Saturday night.

You might like to go drinking every weekend or you might have been raised that way, but it is something you choose to do – so it is not fate.

c. I smoke pot every chance I get.

You may like to smoke pot or were raised around people who smoked pot, but you have control over whether you do it or not – so it's not fate.

d. My dad used to beat me.

You do not control another person's behavior.

You might or might not have done something for which your dad choose to beat, but he choose to do it - not you. This is fate in that sense.

e. I am on probation.

The judge choose to put you on probation. But you choose to act in the way that got you in trouble. This in not fate in that sense.

f. I have a good job.

You may have a good work history and have developed the needed skills. In that sense this is not fate. However, you might have just been luck to be at the right place at the right time to get a job. That would be fate.

g. I have a bad job.

You may have a poor work history and never developed the needed skills. In that sense this is not fate. However, you might have just been unlucky and there were no good jobs at the time. That would be fate.

h. I hang out in bars.

You might just like to hang out in bars or you might have been raised that way, but it is something you choose to do – so it is not fate.

Nurture

a.

b.

c.

d.

e.

Fate

a.

b.

c.

d.

e.

Nature

a.

b.

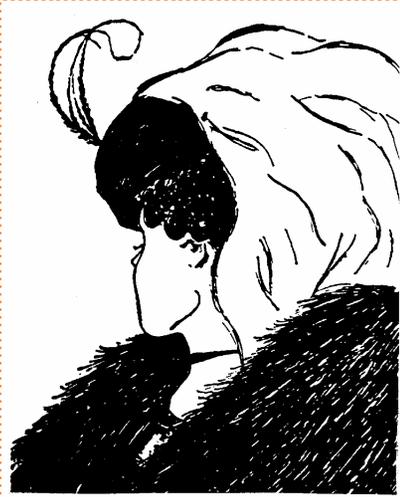
c.

d.

e.

Write the number 7 on your paper and then list at least 5 things that happened to you that were just fate - 5 things that you do just because of your nature – in other words, because you like to do those things - and 5 things that you do because you were brought up that way.

Write the number 8 on your paper and then think about the act that you did that got you in trouble. Was it fate that you did it, your nature that you did it or the way you were brought up that cause you to do it? Write your answer down.



Nurture

Fate

Nature

Write the number 9 on your paper and then think about whether a person can choose to act differently from the way that they like to act or can act differently than they way they were brought up. Can they sometimes overcome fate? Write your thoughts on the paper.



Nurture



Fate



Nature

Write the number 10 on your paper and then write how it hurts a person, in the long run, if they blame their fate in life, the way they were raised or their nature for the harm they cause others – rather than problem solve (fix things) or cope (accept what they cannot change)?



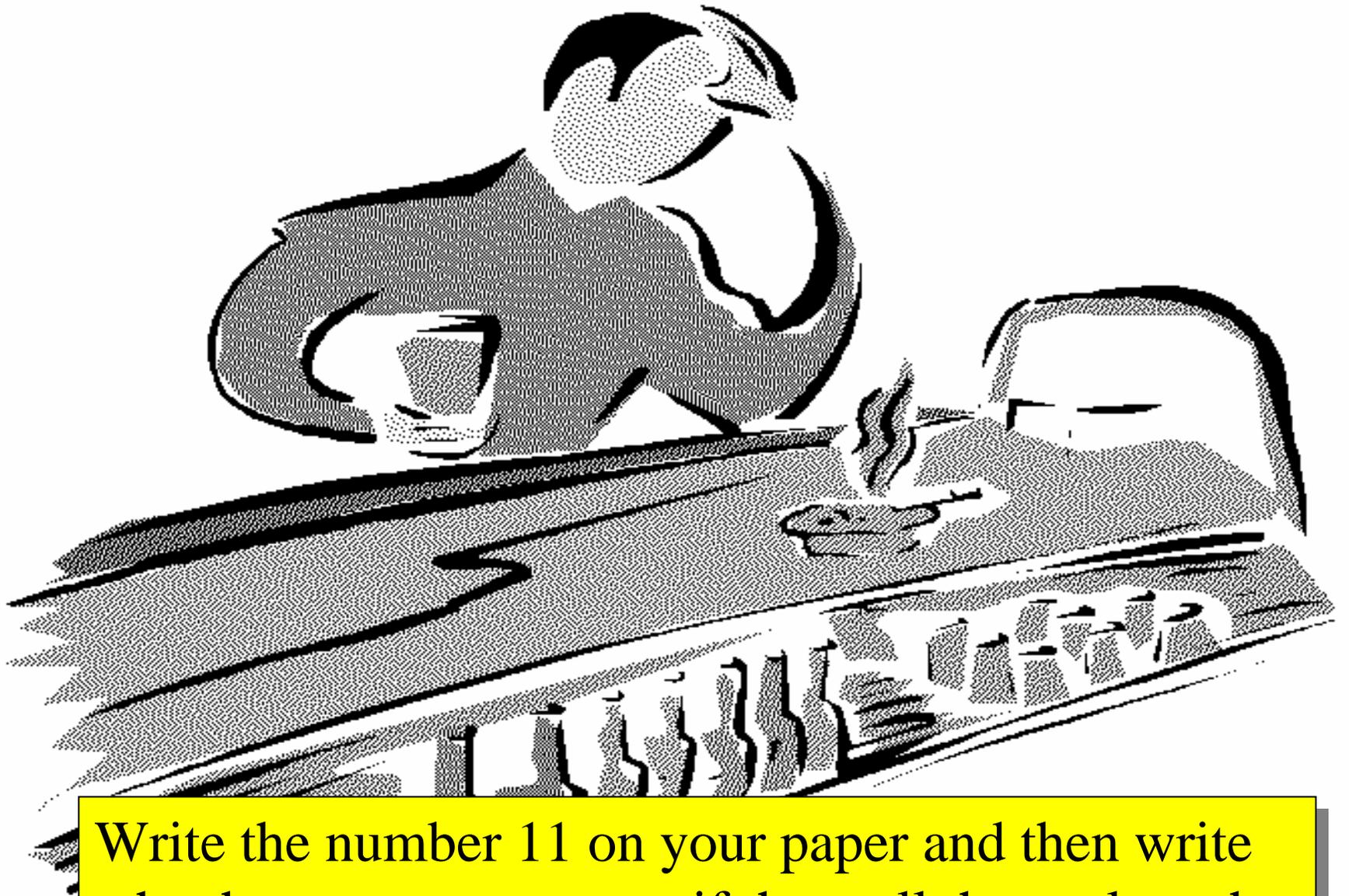
Nurture



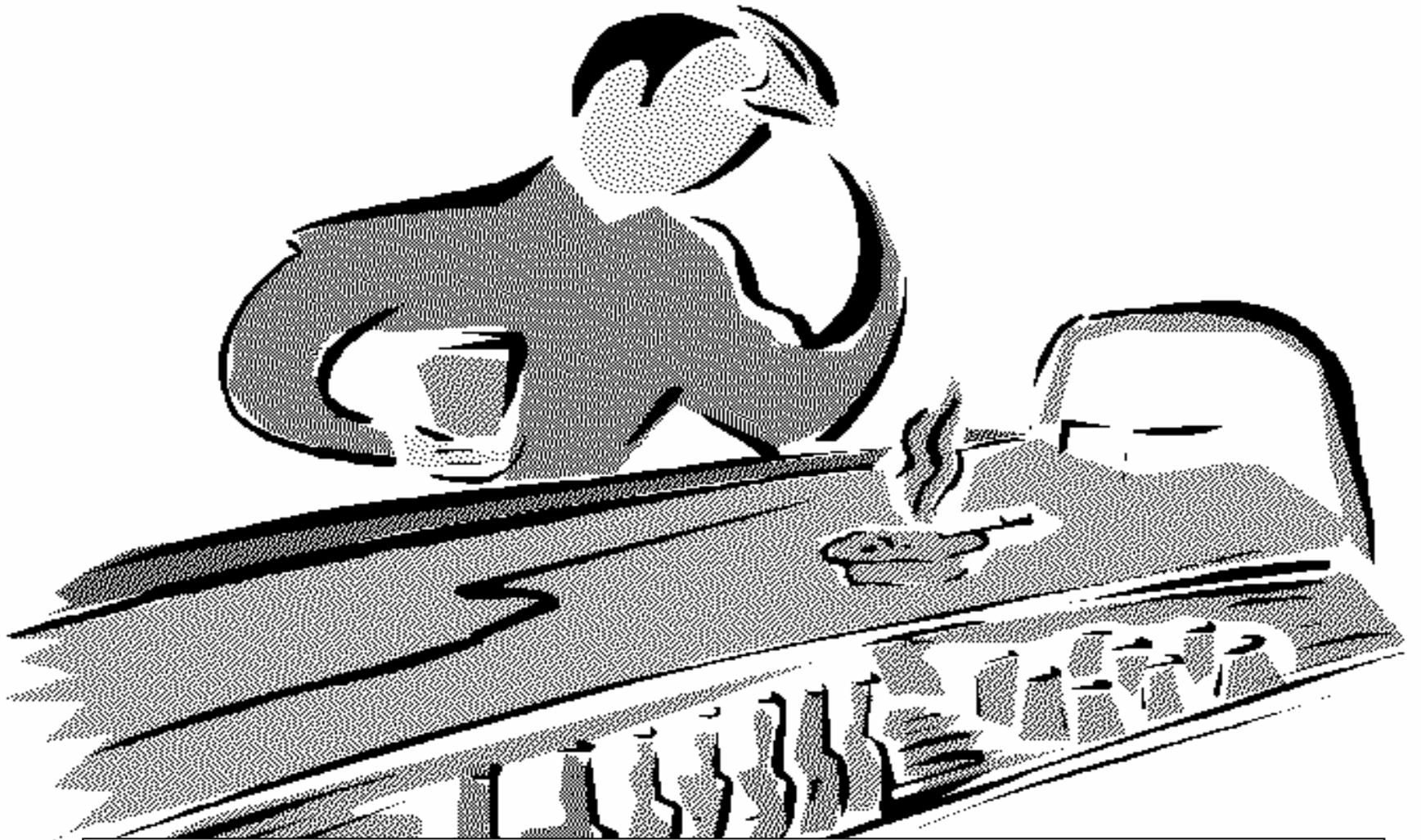
Fate



Nature



Write the number 11 on your paper and then write what happens to a person if they tell themselves that they cannot change?



They don't try to change and their life stays messed up.

