

Case Studies: Attitudes of the Heart

Case 1

Your younger sibling (sister or brother) just won an academic award at school. You have never won such recognition. Your family is invited to attend an awards ceremony, and you refuse to go. Your parents want you to attend to support your sibling, but you still refuse to go. Your sibling pleads with you to come to the event, as it is important for him or her to have you there. You still refuse to go. What negative feeling are you displaying? How can you change the attitude of your heart?

Case 2

At school it is almost time for class elections. Several of your friends encourage you to run for class president. You have spent the past two years serving on student council, but you have not yet held the office of president. You have often talked to your friends about wanting to serve as president. Without warning, you decide you are not going to run for the office. When your friends ask you why, you tell them you no longer want to participate in student government. Secretly, though, you really do want to run for office, but you do not have the confidence that you will win the election. What negative feeling are you displaying? How can you change the attitude of your heart?

Case 3

You have a part-time job after school working as a sales clerk at a local store. You really don't need the money, as your parents give you a generous weekly allowance. You use the money you make working at the store to buy video games and extra clothes. One of your classmates also works at the store and does need the money from the job to help support her family. Recently the store manager came to both of you with the upcoming month's time sheet. Before your classmate had a chance to secure some of the work hours, you put your name on almost every opening. When your classmate asks you if you could share some of the work hours with her, you say no. Your classmate explains that she needs to work to help her mother to make the rent payment this month. You still refuse to share any of the hours you already claimed for yourself. What negative feeling are you displaying? How can you change the attitude of your heart?

Case 4

A member of your sports team receives high praise from the coach for his or her athletic ability. The coach gives what appears to be preferential treatment to this team member. You want to play in the upcoming game, but the coach picks your teammate over you to be a starter. For one week before the game, you refuse to talk to your teammate. In fact, you go out of your way to ignore your teammate and any attempt he or she makes to be friendly toward you. In addition, you talk about your teammate to others in a way that is not truthful and potentially hurts his or her reputation. What negative feeling are you displaying? How can you change the attitude of your heart?



Case 5

Your parents are concerned about your falling grades. They received a midterm report from your school that indicates you are in danger of failing two of your classes. Normally you are a good student, but due to the recent suicide of one of your friends, you have been distracted and not performing to your normal academic standards. Your parents have decided to take you to see a counselor to get some help. You refuse to go. You yell at your parents, tell them you hate them, and leave the house without going to the counseling appointment. What negative feeling are you displaying? How can you change the attitude of your heart?

