

# It's All About Family!



## Week #5: Politeness

Nothing irritates others as quickly as being rude. Rudeness is unnecessarily saying or doing things that are unpleasant to be around. It may come in the form of using bad language, poor table manners, or making rude remarks about people under your breath. Any way you look at it, people don't like being around a person who is rude. There are two main reasons that people are rude: **ignorance** and **self-centeredness**. Sometimes doing rude things comes from not knowing any better. A child, for example, may not know how to behave politely at the dinner table. It is up to those around an ignorant person to kindly teach them what is polite behavior. In school, teachers, student leaders, and peers can all be responsible for this. Self-centeredness means that a person is rude because they don't think about how their actions affect those around them. Thinking outside yourself will help you to see the world from other people's perspectives and help you to understand how people see your actions.

***Genuine love minds its manners.*** If you value those around you, then show them through your polite actions. Honor those around you by going out of your way to be thoughtful, and practice the kinds of behavior are a joy to be around.

- Follow the Golden Rule: Treat others the way you want to be treated.
- Be considerate to everyone – friends, family, and strangers alike.
- When a certain behavior is expected of you, honor the request, be unselfish, and people will enjoy being around you.

## Challenge #5: Politeness

***This challenge will make you vulnerable, so it may be a little uncomfortable, but I encourage you to do it anyway. Get together with your accountability partner and ask them to tell you two or three things you do or say that make people uncomfortable or irritated with you. Make sure this sharing is done in a non-attacking, supportive way. Make a plan for how you can change these behaviors to make yourself more polite and easier to be around.***