

MONDAY NIGHT SOLUTIONS

BE HUMBLE/
UPSET THE RIGHT PEOPLE
DR. HENRY CLOUD

NOVEMBER 29, 2004 MNS-678

If you were asked to list traits that build success in business, marriage, child-rearing, and other arenas of life, it may not even occur to you to put down “humility.” Yet “Be humble” rates right up there as one of Dr. Cloud’s “Nine Things You Simply Must Do.” Real humility produces a frame of mind that we all need if we are to experience long-term, integrated success in all areas of life. And finally, we hope the ninth principle, “Upset the right people,” will get you thinking. How do you evaluate what your critics say about you? What guides you in making decisions—are you free to follow your internal compass, or is your course determined by the opinions of others? This last principle can set you free, free, free at last!—free to do the right thing with confidence.

OUTLINE

Principle Eight: Be Humble

#1: Humility Always Wins

#2: The Need To Be Greater

#3: Identifying With Others

#4: The Biggest Sickness of All

#5: How You Take It

#6: Give Up and Gain

Discussion questions:

1. What do you think of when you think of “humble”?
2. How is that different than Dr. Cloud's definition?
3. Where do you need to become humble?
4. What are your fears if you do that?
5. Where can you find safety for your fears?
6. What feedback have you been resisting that could help you to be more real?

BE HUMBLE/UPSET THE RIGHT PEOPLE OUTLINE

Principle Nine: Upset the Right People

#1: The Wrong Way To Make Decisions

#2: The Compass

#3: The Fear of Hurting Someone

#4: The Fear of Guilt

#5: Toddler Rescue

#6: Approval and Love

#7: Strategy Is Not Bad, but Wise

#8: Set Your Heading

Discussion Questions:

1. How can you identify with setting your heading by “fearing other people’s reactions”?
2. Which specific people are they?
3. What purpose of yours is getting "off course" by paying too much attention to what they think?
4. What fears keep you in this pattern?
5. Where will you get the support and accountability needed to "stay the course?"