With your group, discuss the possible dangers of not making changes to negative behaviors even if you enjoy the payoff.

Read the following quote aloud to your group. Then discuss what it means.

“Hold yourself responsible for a higher standard than anybody expects of you. Never excuse yourself.”

-Henry Ward Beecher

Discuss what the illustration means.

Life Law #3 states that: *People Do What Works*

Give an example from your own life where you have found this to be true.
What might the payoff be in the following scenario?

Laura, age fifteen: "I'm a high school sophomore, and sometimes I get invited over to parties where I know a bunch of senior guys are going to be. I don't know what to think about them. They're always flirting with me in a strange way. They brush up against my body when they pass by in the hallways. They always tell me that I shouldn't be the last virgin in high school. I don't like it. They sort of treat me like an object. I still go to their parties. [Long pause] But I think I can handle it. I really do."

Life Law #3: People Do What Works

Read the following quote aloud to your group. Then discuss what it means.

“All men should strive to learn before they die what they are running from, and to, and why.”

-James Thurber

Life Law #3: People Do What Works

What might the payoff be in the following scenario?

Larry, age eighteen: "I know people around school think that I can sometimes be an asshole. I can be pretty rude. I'm pretty good at putting down people who I don't like. I could tone it down some, sure. Okay, there are some people who don't deserve the abuse I fire at them. But, well, it's just something I do. I don't want anybody to think they can walk over me."

Life Law #3: People Do What Works

Discuss what the illustration means.

Life Law #3: People Do What Works