



LRK Course #3

Stop Staring At That

Recap: Where we look, we'll go. The things we watch affect our moods and emotions, and can contribute to fear, negativity, and contempt in our lives. It is important to keep tabs on our media and social media consumption. Online dialogue can quickly move away from LRK, so keeping our charged discussions face-to-face gives us a better chance to live LRK.

Answer the following questions by yourself, or discuss with a group.

- What stood out to you in this LRK video? Is there a statistic, a story, or a thought that stuck with you?
 - When was the last time you did a media inventory, and what did you find?
 - Is there a time you took a break from media (news and social media)? How did it affect your emotional life to take a break?
 - Talk about a time you served somebody, and reflect on how you felt afterward.
 - What social cause do you care about so much that you would donate your time to volunteer there?
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Practicing the four stances: Open-handed, open-minded, open-hearted, and then open your mouth

Break into groups of two or three and discuss the following questions (choose one question or answer them all). Be mindful of practicing the four stances— you're not trying to "win" the argument, you're practicing LRK.

- Late-night food: Denny's or Taco Bell?
- Better actress: Scarlett Johansson or Jennifer Lawrence?
- iPhone or Android?

Bring the whole group back together and answer this final question:

How did you do holding your opinion open-handedly, remaining open-minded and asking good questions, finding commonality with an open heart, and then expressing your opinion?