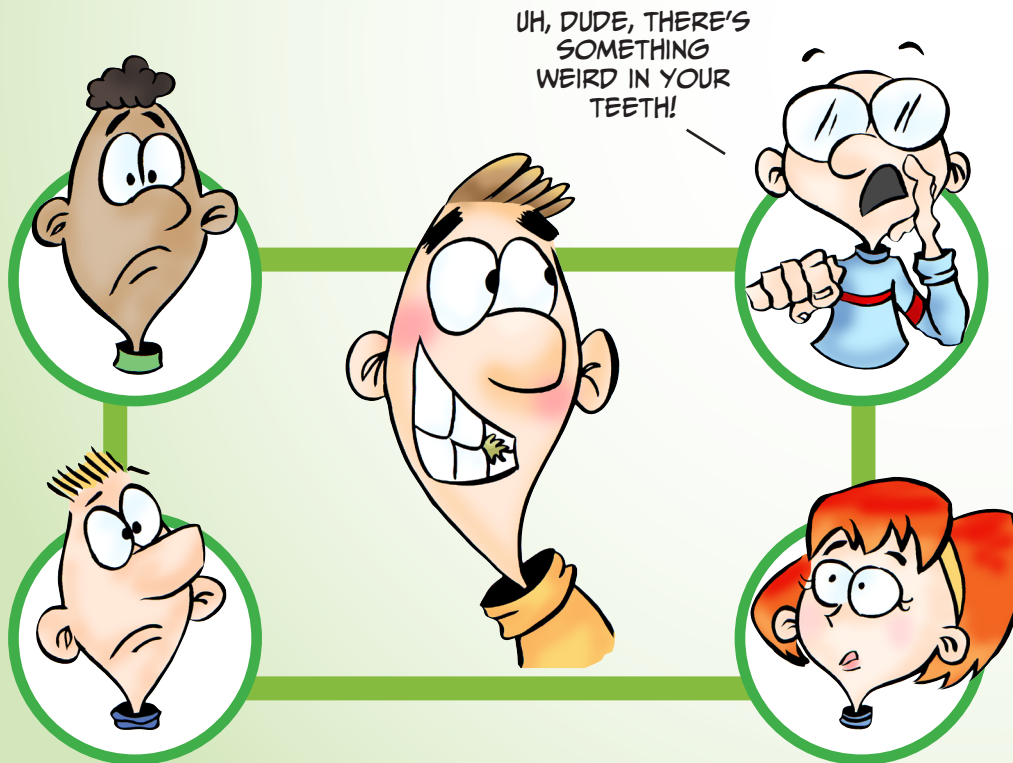
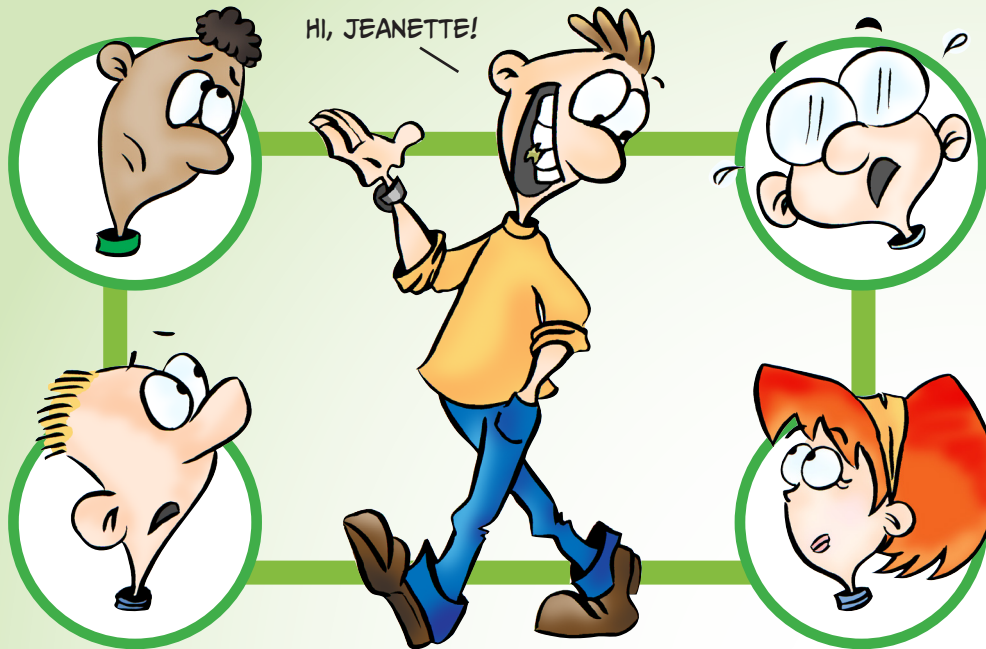


The Spinach Syndrome

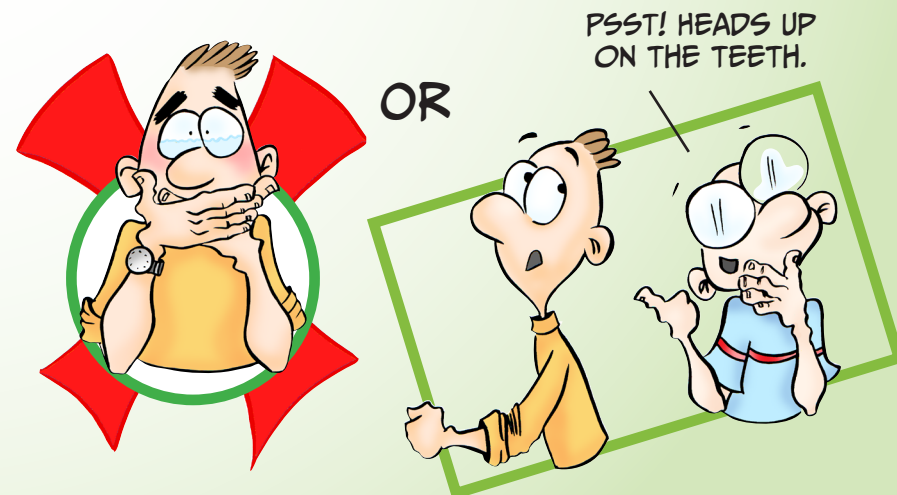


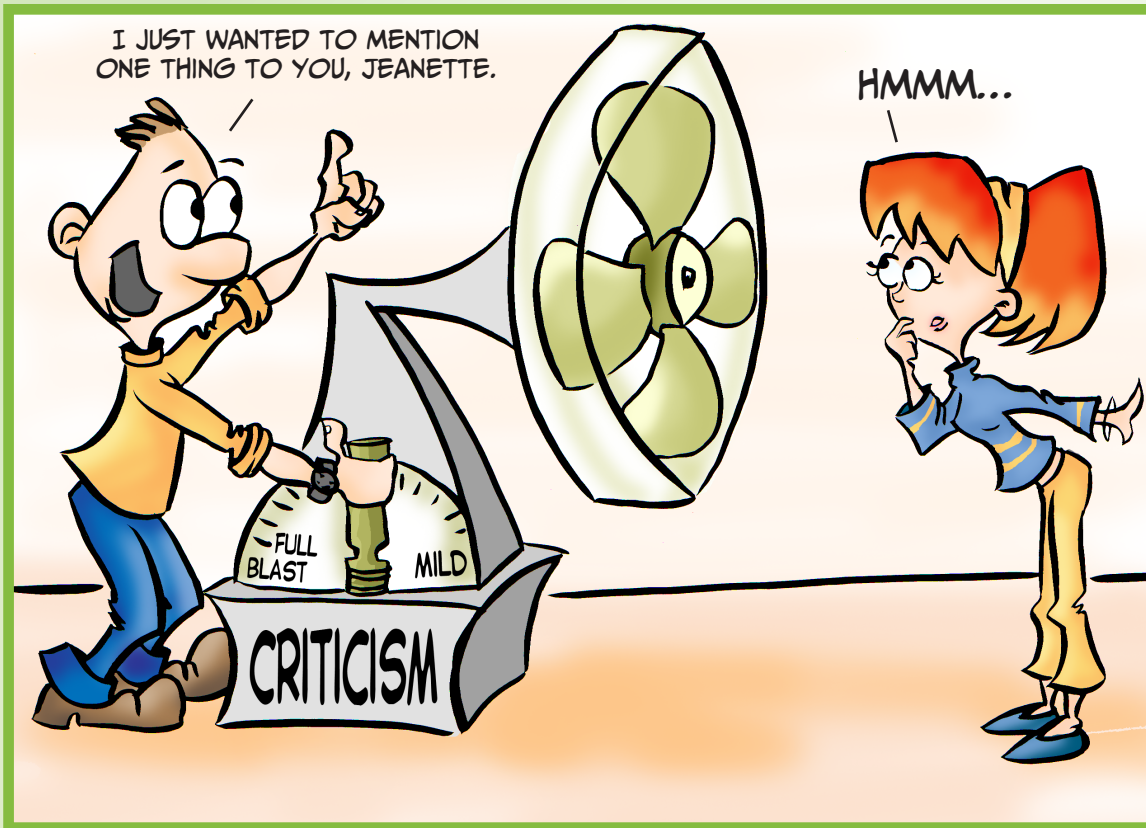
The Bible says, "Open rebuke is better than secret love" (Proverbs 27:5 KJV). This means that hearing the truth from someone is better than them thinking it and keeping it a secret from you.

What if you were walking around oblivious to the fact that you had food stuck between your teeth? Wouldn't you want someone to say something to you? A true friend would tell you if you had spinach stuck between your teeth.

Of course, it's one thing if someone yells across a room full of people, saying, "Hey, you've got some weird stuff in between your teeth!" It would be a lot more pleasant for you if the person came to you and quietly mentioned the spinach to you. That would be less embarrassing and easier to handle.

This concept applies to things other than food stuck between teeth. If you were oblivious to something you were doing wrong, then you would probably want a friend to mention something to you about it. Maybe you hadn't noticed that you were in a hurry and curt or short with your friend. That's when hearing it from your friend could help you to set it right.





It works the other way around, too. If your friend was curt or short with you, then they might want to know that they hurt your feelings, so that they could make it right with you.

The way something is said is important. It helps to take a minute to think about how you would like something presented to you, which will give you a better idea of how to say something to your friend.

You may be worried about how your friend will react. But if you are pointing something out from a true desire to help and are doing your part to try to feel what they may feel, then your interactions with them will go more smoothly, and you`ll also find it easier to hear about it when it`s your turn.

So don`t let the "spinach" scare you. We all need each other`s help.

S&S link: Character Building: Social Skills: Tact-2a
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