

## MODULE 4

**Class title:** Reacting

**Aim of lesson:** To understand the concept of Reactive and Proactive, and learn how to be more Proactive in life.

**Category:** Personal Development

**Class Format:** Power Point Presentation with discussion

**Handout:** in folder

(Greeting to students) *Assalam alaikum wa Rahmatullahi wa Barakatuh*

(*Ta'awwudh*) *Aodhubillahi min AsShaytanir Rajeem*

(*Tasmiyah*) *Bismillahir Rahmanir Raheem*

(*Du'a*) *Rabbish rahli sadri wa yassirli amri wahlul uqdatum millisani yafqahu qawli* (Surah Ta-Ha 20: Verse 25-28)

Slide 1:

We experience various situations all day long – some pleasant and to our liking and others not so cool, right? For example, you come here every Friday, and we have different snacks for you each week. Last week we had red velvet cupcakes, **everyone** was in a great mood after the break! Some days we have *aaloo* samosa (potato samosa) and on those days everyone is not in such a good mood. So you see, you let the snack determine your mood!

Similarly, some days the topics discussed may be really interesting and to your liking – so you sit all attentive and involved in class and on other days the topic may be something you have heard many times before or perhaps do not agree with – then what is your behavior like? Bored, yawning, slumping, fidgeting .... right? Again – the topic of the class rules your behavior. Think about this for a minute.

Today we are going to talk about how we react/respond/behave when faced with different situations in our daily life, whether that reaction/response makes things better for us and other people or makes the situation worse? Do we allow outside factors to rule our behavior? And finally we will *inshaallah* see how we can respond to situations in a positive manner that is more beneficial for us and for those around us. This class is going to help you *inshaallah*, if you're interested in your personal growth and self-improvement.

Slide 2:

Allah (swt) says in the Qur'an:

لَقَدْ خَلَقْنَا الْإِنْسَانَ فِي أَحْسَنِ تَقْوِيمٍ

‘Verily we created man in the best stature (mould)’  
(Surah At-Tin 95, Verse 4)

What does it mean?

Student: I think He made us really good.

Teacher: Yes He made you good but why? Why do you think you are good, unique and different from the other creations? Does anyone know?

Student: I think we are above the rest because we have the ability to think and reason. That is something that other creations cannot do.

Teacher: Absolutely, *MashaAllah*.

Slide 3:

The thinking and reasoning capability that Allah (swt) has given us is for a reason – so that we can “choose” what to do, what course of action to take in a particular situations and also ”choose” a way to live our lives.

And on the basis of that “freedom of choice” we are *ashraf-ul-makhlukaat*, we are “the best of creation.” We are not animals, we are not stars, we are not trees; we are different from them. Why? Because we have the freedom of choice! A star can only be a star; it cannot behave like a moon. Or can a zebra be like a lion? No.

We are *ashraf-ul-makhlukat*, the best of creation; we were given the freedom of choice, a free will. We can choose any path that we want.

Slide 4:

Animals **react** to certain stimuli in the environment in a certain way, that’s what they do. If an animal feels threatened – it will attack, when it feels hungry – it will eat, when it has to go – it will go, it won’t go around looking for a toilet in a secluded place! Having said that, many animals do actually go in kind of private and also cover up their business afterwards, for e.g. cats. The point is, animals are programmed by Allah (swt) to behave in a certain way when faced with certain situations and that’s what they do. They react to what happens to them.

Will an eagle think, “Ooh, the poor squirrel, if I kill it and eat it, what is going to happen to its little babies?” Will the eagle say that? No, it is lunch time and Eagle is gonna eat the squirrel, that’s that.

But we humans, can behave in many different ways in any given situation. We can “choose” to be happy, sad, excited, anxious, bored, agitated, irritated, calm, composed, unreasonable and a host of other things when something happens to us.

Humans have intellect. We can assess and analyze a situation the way animals can’t. Sometimes you’re hungry but you may not eat because you are fasting, or because the food is not to your liking or the food available is unhygienic. So your response to hunger is different from an animal’s reaction to hunger, right? Or at least it should be! Also whether you let the feeling of hunger affect your mood is also in your hand. Mind you, I am not talking about those people who are in famine stricken areas, we are discussing regular, normal circumstances.

Slides 5 - 7:

There are two types of people in this world. 'Reactive' type who blame others and 'Proactive' people who take responsibility for their life. They make things happen, they don't wait for things to happen to them. So let's see which type are we? Reactive or proactive?

What is the difference between reactive and proactive behavior?

Reactive means, a person's behavior is determined by the actions of others or by the situation. For example, if it is raining outside then you are unhappy, if it is sunny outside then you are happy. If your brother or friend said something to irritate you then you become upset and defensive, if they said something nice then you are happy. When there is red velvet cupcake for snack, you are in a good mood, when there is *aaloo* (potato) samosa, you frown!

Proactive means, a person who will take action, initiate, and anticipate future problems to resolve them. For example, if you know that a book report needs to be completed in a group, but the teacher hasn't made the groups and deadline is near, a proactive person would politely ask the teacher to make the groups, rather than wait till the last day or not do the report at all. If you know your mom doesn't like your room to be a mess, a proactive person would just tidy up her room.

Sounds simple, right? Well, progressing from being a reactive person to a proactive person isn't as easy as it sounds.

The central distinction between being proactive and being reactive is the difference between responding and reacting. Response is rooted in choice. Reaction is ruled by habit. Hence, 're-action', indicating an action repeated.

*Reacting* to circumstance - we are controlled by circumstance. *Responding* to circumstance we are in control of ourselves. Responding comes from our free will and intelligence; reacting is automatic and unintelligent.

When we react, we create problems both for ourselves and for others. When we respond, we eliminate problems or prevent them from occurring in the first place. This is because responses are *tailored* to circumstance, while reactions are *triggered* by it.

Slides 8-9:

The greatest power that humans have is free will, we just talked about that. We make the choice if we want to react or be proactive to any stimuli that we receive from our environment. Our environment includes our: upbringing, current circumstances, and surroundings. If we choose to be reactive about our circumstances, consenting that there is not anything that we can do about our situation, we become passive and do nothing.

Proactive people are motivated by their internal standards that are independent of the actions of others, or their surroundings. Through free will, we can always choose to handle challenging circumstances to improve our personality and build up our capacity to handle similar circumstances in the future.

Every day we're given about a hundred chances in life whether we want to be reactive or proactive. It's upon us to choose the path we take. Proactive or reactive, proactive or reactive! Let's discuss what a reactive person is like.

Slide 10:

What do you see? Do you blame others for everything? If you react the way others think you should then you chose to be reactive in life. Have you ever heard yourself say, "Aww! You know I failed the test because my teacher made the test really difficult" or, "Oh, the weather is so hot and humid, I have a headache, I can't finish my assignment today!" "My parents are the strictest ones around. And you know my friends say these horribly stupid things which make me upset."

Sounds familiar? You are blaming everything and everyone around you except yourself. What do you do when someone pushes you and jumps the queue?

What if someone jumps the queue at a bus stop or at the canteen in school when you have been waiting for your turn?

Will you push them back? Verbally abuse them? If you can't do either of that.... if they are older perhaps, you might backbite?

Student: You might ask politely not to jump the queue.

Student: You can stop her.

Teacher: Ok. One by one let's discuss and analyze these reactions. Somebody from here...how would you react? Supposing this person is around your age.

Student: I would pick a fight that I've been standing for the past hour and you just stormed in like nothing else, I could have done the same thing, but I'm standing too. If they wouldn't listen then I would go to people around there and ask them to handle the situation.

Teacher: Gone out of the line? You would have gotten out of the line?

Student: Yes because it would stop her...

Teacher: Hmm, so you would get out of line to stop someone else from jumping the queue!

Students: Yeah.

Teacher: Alright, what about you?

Student: I'll make friends with her.

Student: If she's my age then I'll push her away but if she's not my age then I'll respect her, and say 'excuse me'.

Student: If I'm second then I'll say, "Ok fine and..."

Teacher: You are not second in line you are somewhere half way.

Student: Oh, ok then I'll have a fight.

Teacher: Most of you chose to be reactive by fighting with her or pushing her.

Slides 11-15:

Now what kind of a person is proactive? If you are the driver of your life not the passenger, if you are the force, the captain of your life, then you chose to be proactive. Now proactive people they take hold of their life. They choose not to be offended. If somebody puts them off it's up to them how they react. So verbally abusing or pushing that lady might not be the right reaction... you think it is but it's not.

Student: What if we ask that lady nicely?

Teacher: That's better.

Student: What if she doesn't listen to you?

Teacher: It's my personal experience that when you publicly and confidently point out what the other has done wrong, even if it doesn't stop them, it prevents others around them not to repeat that action. No one likes to be singled out as a wrongdoer but the problem is that it takes courage to stop others from doing wrong. We need to make that journey from our comfort zone to the courage zone to bring about a revolution in our lives and everything that surrounds us.

Slide 16:

Proactive people are responsible for their own happiness and unhappiness. They choose to be happy and choose to be sad if they want to be. Because if somebody offends them, they don't let it ruin their day and say, "Oh God! Why did this happen to me?" they will just move on. They don't ponder on such things.

Slides 17-20:

Let's analyze reactive people versus proactive people.

Reactive people are like a can of soda. Life shakes them a bit and then you know they fizz. Have you seen a can of soda and you shake it like this and all of it comes out? So reactive people are like that, they are all over the place. If life shakes them a bit they are all over. They lose it completely. They get angry and say things which they regret later.

There is a *hadith*. Prophet Muhammad (pbuh) asked his companions:

"Whom do you count as a wrestler amongst you?" The companions said, "He who wrestles with persons." The Prophet (pbuh) said, "No, it is not he but one who controls himself when in a fit of rage."  
[Muslim]

It is because *shaytan* wants you to be angry. *Shaytan* wants you to lose control. Because once you are out of control you can't do anything positive.

Proactive people think before they act, they use their free will.

When you are reactive you don't use your free will. Do you know that? You just use your habit. Whatever is in your habit you'll react that way but a proactive person will think about it ... ok, should I be angry or should I just let it go? Is it worth it? They'll always ask themselves. Is it worth it?

Shake them up all you want. Take off the lid and nothing! No fizzing, no bubbling, no pressure. Proactive people are like water. They are calm and cool. And don't you think we like calm and cool people better than those who blow up?

Slide 21:

Let's see who are we? This is interesting. Ok, I want all of you to listen to this and then I'll ask a couple of you how will you react in this situation? Ok.

You hear your best friend bad mouthing you in front of a group. She doesn't know you overheard the conversation. Just five minute ago the same friend was sweet talking to you on your face. You feel hurt and betrayed. How will you react? Did you understand what I just said? You didn't understand? I'm talking about a situation in which you over hear your friend backbiting about you and you actually heard her! How will you react? Ok one by one. Answer honestly not based on the presentation. Don't answer based on the presentation but answer honestly. Let's start from there.

Teacher: Yes you. You will confront her? You will talk to her. You?

Student: I will try to ignore her, not go and talk to her and when she comes to me again with her sweet talking I will in a very subtle manner tell her what I think of her.

Teacher: Ok anyone else. Anything more aggressive that you will do?

Student: I'll backbite about her.

Teacher: Ok.

Student: I'll go and smack her!

Teacher: Yeah that's more like it.

Student: Spill all her secrets

Student: To the same group of people.

Student: She is a very cruel friend now, literally so I would give her a hard time too.

Slides 22-24:

Teacher: Alright. Ok. Let's see some of the reactive choices. You tell her to get lost, you get depressed. Won't you all get depressed that day? Whine and moan and you won't be able to do your homework as well? You will just keep thinking about it... Oh she said that and she said that, oh I hate her so much! Won't you think about it the whole day? Give her the silent treatment for a very long time. What do I mean by the silent treatment/ you just dont talk to her.

There is a difference between reaction and response. Reaction is something that you just do out of habit and response is when you carefully think about it, you won't just do anything at the spur of the moment but think out your response carefully. How many of you will actually forgive her?

Student: Never. Never.

Student: I'll forgive her but will never get that close to her again.

Teacher: But don't you think all of us in life do this, keep making these mistakes. You never backbite about anyone? How many of you say that you never backbite. How many of you can actually say that? Raise your hand. Please... I want to see that person.

Teacher: Oh that's ok, but you know sometimes we don't realize it but we do backbite about people and our friends as well. So just give her a second chance. Don't you think you should give her a second chance?

Teacher: Yes

Student: I'll forgive her but...

Teacher: You would be hurt.

Student: Yeah it would be, we would be hurt, but I'll stick to my mom's advice in these things where my mom is like, "I don't like this girl, stay away from her", so I guess although I have forgiven her, but I won't be friends with her anymore. I wouldn't, I can't trust her anymore!

Teacher: You can't trust her?

Student: Yes, I can't trust her, but I'll forgive her

Teacher: How many of you will ignore her and calmly tell her how you feel?

Student: I can't tell her calmly.

Teacher: But don't you think it's fair enough to give her a second chance?

Student: No.

Teacher: What happens is that at that time you feel really angry and hurt but after a few years when you think about it, it has happened to me as well. I found an e-mail that was about me and my friend, and my friend had written it, and she had said some very cruel things about me, I totally lost it and we had this whole huge fight and then many many years later we talked about it and we used to laugh about it. Do you know you can actually laugh about these things?

Maybe you should just tell her how you feel and you should bring closure to that issue. Don't let it stay there, you need to bring a closure because if you don't you'll keep thinking about it and you'll just feel worse. Ok.

Slide24:

Allah (swt) says in the *Qur'an*:

“...but whoever forgives and makes reconciliation his reward is due with Allah (swt).”

(Surah Ash Shura 42, Verse 45)

Student: Oh!

Slides 25-27:

Teacher: Ok, another situation. Alright guys listen, listen this is interesting. You help your teacher in small errands and have been extremely dependable and committed but against your hopes, your teacher recommends someone else's name for 'head girl'. Do you guys get voted for these things in school?

Student: Yaah.

Teacher: But your teacher doesn't do that. She recommends somebody else's name, how will you react?

Student: I will think that it was wrong and say how lucky she is.

Teacher: You were waiting for this thing to happen, to be nominated for the 'head girl' and all you're going to do is, "You know how lucky she is? That's all you're going to do?"

Student: I will be really angry and I'll be having a bad day.

Teacher: So you would spend all your waking hour complaining to everyone and their dog how bad your teacher is?

Student: No miss I wouldn't do that, I would talk to the teacher that she doesn't have what I have.

Teacher: Scrutinize the student and find her every weakness. Be convinced that your teacher is out to get you, that's all we're going to think. That, you know she doesn't like me. I did so much for her. These are all reactive choices. They will not help you get anywhere. You lost, accept it. So what should you do? What should be a proactive choice? You go talk to your teacher, continue to be a hard working student, ask the teacher where you were lacking. I'm sure the teacher didn't choose you because there must have been a good reason.

Student: Many teachers do favoritism, yeah.

Teacher: That's what you think, we'll discuss this later in the presentation.

Learn what you can do to improve your performance. Proactive people again, we just discussed, they don't worry about circumstances. They see what *they* can do; they try to find the solution.

Slides 28- 32:

Teacher: Ok, let's see how a Reactive person talks, it's clearly evident in their conversations.



That's me, that's just the way I am. They say they can't change. They are predetermined to be this way. There was this guy who was leading a very sedentary life style. Do you know what I mean by sedentary life style? He didn't exercise, he used to smoke, and he had very unhealthy eating habits, fried and oily foods etc

So one day he felt a shooting pain in his chest and then he found out that he has a heart problem, so he started changing his habits and then he got better and fit, but after a few days he felt his life was boring, you know he had to exercise all the time had to follow a strict diet, had to quit smoking so he went back to his old routine started smoking and all. And you know what? He died a few months later. So if you don't change yourself ;life will change you. You need to take a step.

And some of them say, "If my teacher was a bit reasonable..." (Meaning the teacher is the problem).

"I'm not in control of my moods" but you are!

"If only I had attended a different school, better friends, was born in a richer family, then I'd be happy".

Sounds familiar?

Students: Yeah.

Slides 33- 34:

Teacher: So you're saying you are not in control of your happiness, that these things will make you happy. If you have all of the above then you would be happy. It's like giving the remote control of your life in somebody else's hands. They can change or switch your mood like this. Do you feel like being controlled by a remote control? Be happy, be sad. Do you want to be like that or do you want to be in control of your own life? Proactive language is like having the remote control in your own hands. You are then free to choose the channel you want to be on.

Slide 35:

How will you do this? If you are in an argument how will you behave? You will push 'pause' like you do on a remote control. Think about it! Think what just happened, get control of yourself, and think how you want to respond, whether you want to be offensive, defensive or aggressive and you'll definitely make a smarter choice.

Student: But what if you don't have that much time to actually ideally pursue that and think of all the responses.

Teacher: But you do, you do!

Teacher: Just take a deep breath all you need is a minute to calm down yourself and then respond. For example someone is rude to you and if you don't want to be rude in return , you must learn to push pause just as you would on your remote control.

Slide 36:

Some common phrases that people use in their conversations, they will help you identify whether you are reactive or proactive.

Reactive people say,

- I'll try
- That's just the way I am
- There's nothing I can do
- I have to
- I can't
- You ruined my day

Proactive people say,

- I'll do better
- I can do better than that
- Let's look at all our options
- I choose to
- There's got to be a way
- I'm not going to let your bad mood rub off on me

You see the difference? Who seems more in control?

Student: Proactive.

Slides 37-39:

There are some people who suffer from this virus. 'Victimitus virus'. They feel the whole world is against them. "The teacher doesn't like me, I'm not her favorite." One of you just said that teachers do a lot of favoritism. They do, but if you feel this way all the time, especially when you are not able to get good grades and you think that is because you are not your teacher's pet, that means you are suffering from this virus. The 'victimitus virus' where you feel that you are a victim. You got a bad hair cut because the hairstylist doesn't like you. A lot of people say that. I could come first in the class if I had a better teacher. I was about to give the answer but she cut me off.

Have you seen old people generally? You don't probably talk like this but when you go to these parties and your uncles and aunts, have you seen them talk like this, "You know *America hamaray pee chay para huawa hay* and it will finish us off in 2013." Have you heard these conversations?

Student: Yes teacher, that's all they talk about.

Teacher: That's all they talk about but no, we don't need somebody else to destroy our country, we are destroying it ourselves. Have you seen the people around us, how corrupt they are! We don't need America or India or Jews to come and destroy us; we are very much capable of doing it on our own actually. Another one is that, "The West is keeping us from doing *this* and *that*". If we had sincere politicians we would be a much more developed country but the problem is with our people.

Slides 40- 48:

Reactive people wait for things to happen to them, what do you mean by that? Can anyone tell me? Yes you?

Student: They're gonna wait for problems to come and not prevent them, for example binding your dog to a flea collar. They would bind him to a flea collar only when he gets to the streets.

Teacher: For example if some of you feel they are overweight, they need to exercise. If you're reactive how are you going to react? "Nah, I don't have time for exercise, I've got so many tuitions and I have got *falana* homework and I've to go there every day with my mom and blah blah blah". But a proactive person will say, "No. I have to exercise I'll take out time." This is the difference. Do you understand what I'm trying to say here?

You know if you're proactive, external things will not bother you. Let me give you an example of a ship. Imagine you are a captain of the ship. There is one reactive captain and a proactive captain. They are two separate ships. Now the reactive captain will study the currents and will try to go with the currents. If the currents are going against the ship's flow he will just mourn and get demoralized and say, "Oh my God, how will I reach my destination?"

In comparison a proactive person will try to manage the ship whether the currents are on the way they are going, or they are against the way they are going.

Slides 49-50:

You know it's easy to lose your cool by whining and complaining, it's very easy to be reactive in life.

Being proactive is the higher road. I'll just tell you two stories from the life of Prophet Muhammad (pbuh), they are very interesting.

Aisha (ra) narrated: The Jews used to greet the Prophet by saying, 'As-Samu 'Alaika (death be upon you), so I understood what they said, and I said to them, "As-Samu alaikum wal-la'na (Death and Allah's curse be upon you)". The Prophet said, "Be gentle and calm, O 'Aisha, as Allah likes gentleness in all affairs" I said, "O Allah's Prophet! Did you hear what they said?" He said, "Didn't you hear me answering them back by saying, 'Alaikum (the same be upon you). [Bukhari]

It was narrated that Anas ibn Maalik said: Whilst we were in the mosque with the Messenger of Allah (pbuh), a Bedouin came and started to urinate in the mosque. The companions of the Messenger of Allah (pbuh) said, "Stop, stop!" The Messenger of Allah (pbuh) said, "Do not interrupt him; leave him." So they left him alone until he had finished urinating, then the Messenger of Allah (pbuh) called him and said to him: "These mosques are not the place for urinating or for anything

filthy, rather they are for the remembrance of Allah (swt), prayer and reading Qur'an." Then he told a man to bring a bucket of water and he threw it over (the urine).

[Bukhari, Muslim]

How do you think a person in this country would react?

Student: They would beat him.

Teacher: They would actually beat him and they might even kill that guy. But that guy [the *Bedouin*], he became a Muslim and he gave a lot of *dua* to our prophet Muhammad (pbuh) and you know our prophet converted him. If he had gotten angry and said that you know, "*Nikal do bahar isko masjid say is ko tameez he nahi hai*", do you think he would have ever come back?

Student: No.

Teacher: He would have never come back.

Slides 50-55:

Teacher: Nobody's perfect. You can't be proactive all the time. We are a mixture of reactive and proactive. You need to find out and identify areas in which you are reactive. You might be proactive in some and reactive in some, so you need to become more proactive in life, but you can't be proactive all the time. That's just asking too much, because you are not perfect, you will make mistakes but the thing is you need to identify, realize and then do something about it. The key is to get into the habit without actually thinking about it. Your number of times being proactive in life should increase every week. You should never underestimate the impact of small baby steps. Start with your siblings. Start you know behaving nicely to them. But there are times when you can't control everything, what do you do then? When things are not in your control, what should you do? Yes Sana?

Student: Try your best to do like just the prophet, be patient and pray to Allah (swt), and then you just leave it.

Teacher: Reactive people just go with the flow. If all of their friends have started smoking they will start to smoke. If they have started wearing something new like some particular style of clothes they will start doing that. They don't use their own brain. Does it look good on me? Do 'skinnies' look good on me or not, they will just do it because all their friends are doing it. If all their friends are exercising they will start exercising.

Proactive people have the guts to go against the flow. It is not easy. Is it easy to go against the society's pressure? It's not easy. If you wish to live an extraordinary life, you often have to go against the flow that everyone else seems to be following. The kind of life our Prophet (pbuh) and the companions lived.

Proactive people unlock all the doors to good habits. The best thing about proactive people is that they are not procrastinators. Do you know what procrastination is? What is it? Have you all heard the term? It's a big word but it applies to us a lot. Yes you....

Student: When you delay something.

Teacher: You delay something. If you need supplies for your school and you wait till the last pencil ends and then go to the shop and run or ask the driver to run to the shop and get you that pencil. They won't keep things extra at home. How many of you do that? Do you wait for the last pen, or the last inkpot to finish or last pencil to finish and then run to the store? You keep some extra at home. Right because you don't want to wait till the end and be in situation where there is some emergency and you need that pen.

Slide 56: We are short of time so let's go fast and do this exercise. You tell me if you can or cannot control a particular situation.

A past mistake?

Students: Cannot.

Teacher: Rude comment?

Student: Cannot.

Teacher: Who are your parents?

Student: Cannot.

Teacher: Your friends?

Student: Can.

Teacher: Intelligence?

Student: Cannot

Teacher: Your response?

Student: Can.

Teacher: Your attitude?

Student: Can.

Teacher: Your fate?

Student: Cannot.

Teacher: Your destination in the hereafter?

Student: Can.

Teacher: What choices you make every day?

Student: Can.

Slides 57-60:

So you need to understand that being proactive helps and the reactive people they worry about the things like national debt, terrorism, the *falana* blast. It would spoil their day. Proactive people don't worry about things which are not in their control. Are these things in your control? Can you control the national debt? Can you? Can you control terrorism? You're not in that position to do anything about it. Proactive people focus on things which they can do something about. Like, for example you need to focus on being a better Muslim. Yes you can do something about that. That's in your control. Isn't it?

Student: Isn't it that terrorism around us has an effect on our life?

Teacher: Yes it does have an effect on your life but right now at this moment what can you do about it?

Student: Nothing.

Teacher: Can you do anything now? You're in school, are you in any position, or are you in the government so that you can do anything? Or not even in government, are you at that position in life to do something about it. No, you're not.

Slide 61:

Proactive people learn to smile about things they cannot control. You know they might not like the situation, they may not be happy about it, but there is no use worrying about it so they smile, they put on a smile and they go out. They are happy. 'Happy go lucky' have you heard that? Ok this is really interesting; I really enjoyed it so let's see how many of you understand this.

Slides 62-67:

I walk down the street there is a deep hole in the side walk, I fall in, I'm lost, I'm helpless, it isn't my fault it takes forever to find a way out. Next day you walk down the same street now there are three possible reactions. There is a deep hole in the side walk you pretend you don't see it, "I can't believe I'm in the same place, it isn't my fault!" but it still takes a long time to get out! You knew there was a pot hole.

You know sometimes you pretend, you know it's all not going to end well, you do behave badly with your parents, you know it's not going to end up well, but you still do it.

I walked down the same street; there is a hole in the side walk. I see it is there yet I still fall in, it's a habit. Sometimes you are in a habit of using offensive language, aren't you?

Student: Yes.

Teacher: I walk down the same street; there is a deep hole so I walk around it. That's better! But what is even better is, that you walk down another street. Why do you have to walk the same street again and again and again when you know there is a pot hole?

So you guys can also take responsibility for your life and stay away from pot holes.

(Du'a for end of a gathering) *Subhana Rabbika Rabbul Izzati 'amma yasifun wa salamun 'alal mursaleen, walhamdulillahi Rabbil 'alameen*

(Parting salutation to students) *Assalam alaikum wa rahmatullahi wa Barakatuh*