



"A thought of hatred must be destroyed by a more powerful thought of love." — 'Abdu'l-Bahá

Activity by Lisa Blecker

THOUGHTS AND ACTIONS ARE POWERFUL!



DROPS OF ONE OCEAN

Have you ever tossed a stone into a lake, river, or pond and seen the water ripple into wider and wider circles? Imagine that the stone is an injustice like bullying or prejudice, and the water is humanity. When the "stone" hits humanity, the pain it causes can lead to one unkind action after another.

The Bahá'í writings say we are all connected, like "drops of one ocean." Unkindness to one person affects us all. Our thoughts can bring us closer to a just and peaceful world. Kind thoughts often lead to caring and respectful actions. Check out the activity below to practice changing negative thoughts into more peaceful ones.

POWERFUL THOUGHTS

Sometimes negative thoughts pop up almost automatically. When you become aware of them, you can change them to positive thoughts. Practice by drawing a line from each negative thought to a more powerful one that can replace it.

NEGATIVE THOUGHTS

- 1 "He's such a know-it-all."
- 2 "He's weird."
- 3 "He's so bossy."
- 4 "He's such a crybaby."
- 5 "I bet he stole it."
- 6 "He's a liar."
- 7 "I'll do anything to make him like me, no matter what."
- 8 "He hates me."
- 9 "I'm going to punch him the next time he says that."
- 10 "He broke my stuff on purpose."

POSITIVE THOUGHTS

- A "What would help him tell the truth?"
- B "I'll ask him if it was an accident."
- C "I'd love to get to know him better."
- D "Maybe I misplaced it."
- E "He's different and that's okay."
- F "I hope he's all right."
- G "I can tell him to stop bothering me, or I can walk away, or get help."
- H "Maybe he can help me learn more."
- I "I'll tell him I want to talk it over next time."
- J "I'll ask if I did something to offend him."

Write down some negative thoughts you've had, and then change them to positive thoughts.
