

Mirror Mirror

A Gosmos Grow Adventure



Sometimes you search for the reflection you want to see,
rather than one that is real.

But when you search out these “false reflections” and then insist
that they are true, you end up fooling and cheating yourself.

An accurate reflection, even if it is not exactly what you want,
is more valuable than one hundred false images,
even if those false images are to your liking.

Mirror Mirror

A. Main Focus:

Accepting the truth about ourselves and others is difficult and most of us avoid others who will always “Tell me the truth” and gravitate to those who will “Tell me what I want to hear”. Our unwillingness to accept or be a “Truthful Mirror” is at the root of many of life’s problems.

B. The Main Concepts:

One of the most difficult coping skills rules is, "I shall select friends, based on their ability and willingness to tell me the truth about myself."

When you ask a friend, "Does this outfit make me look fat?" Do you always want the truth or something that will confirm your own opinion or at least reduce your anxiety?

Some of us are fortunate to have a "true friend" with whom we confide our most significant joys and fears. You trust them to be honest with you even if the truth hurts. You know that they have your best interest at heart and will never tell you something "just because you want to hear it" or just to benefit themselves.

This story is intended to help the students understand the importance of having true friends as well as being a true friend to others.

C. Teach the Defining Terms to The Students

D. Listen to the Flip Book Story

E. Sample Dialogue with Students after Listening to the Story

Many of you may have seen yourself in some of this story. Almost all of us sometimes prefer for others to “tell me what I want to hear”. Such as, “You don’t need to study for the test it will be really easy even if the teacher says it will be difficult” ...and “It is not your fault you did poorly on the test, the teacher made it too hard”. With a quick show of hands does that sound like any of you?....

The two rabbits wanted to be told they look nice even if they didn’t. They wanted to think that others would be nice to them without them doing anything to cause

them to be nice. When no one came up to them at the party, they got angry because they expected others to come to them and talk about the things they wanted to talk about. What do we call they type of thinking? (Stinky Thinking)

That's correct...Stinky Thinking. When others did not walk up to talk to Robbie and Rodney, what could they have done so they did not get upset? (You want them to recognize that they could have made the effort to talk to others...not leave the party)

But those rabbits did not make the effort to talk to others. With a quick show of hands, how many of you think that Robby and Rodney were afraid to go over and start a conversation? (You want them to see that the solution to the problem was available but the rabbits did not do it)

There will be times in your life when you know what you should do but you may be afraid to do it and so you may want others to tell you that, "it is too hard", or "you should not have to do that", or "that is someone else's job" and when you find someone who tells you "what I want to hear", you do something foolish.

Just like with Patrick Pig...he was tired of being slow so he asked if he could fly. Since that is what he wanted to hear, the mirror told him, sure you can fly. Now do any of you think that Patrick really thought he could fly? (No)

But he jumped off the roof anyway. Now some of you may say it was the mirror's fault for lying to Patrick. But really it was Patrick's fault for setting his mirror on "tell me what I want to hear".

The same is true for all of you. If you choose your friends because they always or most of the time tell you what you want to hear rather than the truth, you will be just like Patrick.

Let's be honest, with a quick show of hands, how many of you want a friend to say, "You better study for that test and not watch any TV tonight or you will fail. And if you choose to not study, don't come whining to me about the test being too hard or that the teacher is too mean."

It seems to me Cosmos wants you to find friends like that, who will be your "Honest Mirror".