

HOW TO LOVE SOMEONE YOU HATE

6. Do Something Beautiful

1. Describe some of the changes in your thinking since the beginning of the course. Each discuss.
2. When you are wronged, how do you usually respond emotionally? Open discussion.
3. What is your typical reaction when you see the person next time? Open discussion.
4. What are some of the "beautiful things" that could be done for the person you are at odds with?